



DIAA Cold Weather Guidelines for Indoor Track Competition

DIAA permits indoor track field events to occur outdoors if an indoor facility is unsuitable or unavailable. In order to ensure the safety of all student-athletes, the following cold weather guidelines are to be followed for all competition.

- All athletes will have warm up gear on immediately prior to and after any event at temperatures below 35° F. The head and neck should be covered when possible. Other extremities should be covered at all times to protect from the wind chill.
- An athlete with asthma must have their inhaler on hand in order to compete in an outdoor event.
- Wind chill factor must be assessed prior to and every hour during competition using a local weather app such as Weather Bug.
- **With precipitation:**
 - Wind chill factor above 35° F: No restrictions
 - Wind chill factor 33-35° F with precipitation:
 - Not more than 30 minutes outside per session
 - May return outside after 20 minutes if have dry clothes
 - Athletes must be dressed in warm-ups with extremities covered (hats and gloves)
 - Wind chill factor 32degrees F or below: No Outdoor Competition
- **Without precipitation:**
 - Wind chill factor 32-35 °F:
 - No more than 1 hour outside per session
 - May return outside after 30 minutes indoors
 - Athletes must be dressed in warm-ups with extremities covered (hats and gloves)
 - Wind chill factor 26-31°F:
 - No more than 30 minutes outside per session
 - May return outside after 15 minutes indoors
 - Athletes must be dressed in warm-ups with extremities covered (hats and gloves)
 - Wind chill factor below 25°F: No Outdoor Competition