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and

### Cold Exposure:



# Sports Medicine

The following are guidelines established by the Sports Medicine Department & Athletics. The static temperature or wind chill temperatures will be utilized in determining if outdoor activities are safe for High School and Middle School practices, scrimmages or games. Conditions should be constantly reevaluated for change in risk, including the presence of precipitation.

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## Practice Cold Weather Guidelines for HS/MS

### HIGH SCHOOL

| DRY (NO PRECIPITATION)                                                                                                             | WET (WITH PRECIPITATION)                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <u>Temp at 32 or Wind Chill at 27 or below without precipitation:</u><br>Modify outdoor activities & consult your athletic trainer | <u>Temp at 36 or Wind Chill at 32 or below with precipitation:</u><br>Modify outdoor activities - consult your athletic trainer |

### MIDDLE SCHOOL

| DRY (NO PRECIPITATION)                                                                                                                     | WET (WITH PRECIPITATION)                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <u>Temp at 36 or Wind Chill at 32 or below without precipitation:</u><br>Modify outdoor activities - consult your stadium athletic trainer | <u>Temp at 39 or Wind Chill at 35 or below with precipitation:</u><br>Modify outdoor activities - consult your stadium athletic trainer |