



## **CAROLINA RAPIDS COLD WEATHER POLICY**

This policy has been developed to help support the safety of our athletes and create a safe environment for optimal performance during the winter months. Some concerns regarding outside sports during cold weather consist of, but aren't limited to, hypothermia, frostbite, injuries, and weakening of the immune system during flu season.

Research finds that temperatures of 30 degrees and above with a wind speed of 40 mph or less is acceptable weather for players to train and play. Temperatures in the middle to low twenties can be safe if the wind factor is very low. Temperatures below 20 are suggested to stay away from outdoor sports participation. Carolina Rapids will evaluate the temperature, wind factor, and precipitation to determine if these factors will put our players in a dangerous situation which may be hazardous to health or well-being. In addition to the weather conditions, the age group of players will be considered in any decisions.

Muscles are more susceptible to injury when the weather and muscles are cold. It is up to the player and coach to ensure that proper and thorough warm-up is completed to warm up the players' muscles. A thorough warm-up is one which uses all of the major muscle groups in more than one setting. For example, if you have a 7-minute warm-up that touches on each major muscle once – you may want to run through it three times to make sure that it is dynamic enough to keep the players moving. There should be limited amounts of standing around and static stretching.

Players should come properly dressed and prepared for the cold weather. The players should dress in multiple layers so that they can be removed or replaced as necessary. Some effective ways of retaining heat during cold weather: long underwear (tight fitting), skull cap or knit hat, head bands that cover both ears, protection over hands. Limit the amount of cotton, as it has the tendency to retain moisture. Once training is complete, it is important that players retain the body heat until they get home. Suggest that they put back on their layers or add additional layers for the walk to the car and the ride home.

Source: Armstrong, LE and MP Hamlet. 1989 Preventing cold injuries during training, competition, and recreation. National Strength and Conditioning Association Journal, 11(1): 51-53.

[http://www.uil.utexas.edu/Athletics/health/cold\\_weather.html](http://www.uil.utexas.edu/Athletics/health/cold_weather.html)