

**Ingram Independent School District Athletic Department**

**Ingram, Tx**

**Guidelines for Modification of School Outdoor Activities Related to Weather and Environmental Conditions**

## **Cold Weather Athletic Policy**

The safety of our student-athletes, coaches, and staff is our top priority. Cold weather does not have to be freezing to be dangerous. Wind, moisture, and low temperatures can all affect the body's ability to stay warm and perform safely. This policy is meant to guide decisions for outdoor practices, games, PE, and other activities during cold weather.

**Cold weather can cause:**

- Increased breathing issues, especially for athletes with asthma
- Coughing, chest tightness, and throat irritation
- Decreased strength, speed, and endurance
- Slower reaction time and coordination
- Risk of hypothermia if core body temperature drops

**Staff should watch for:**

- Shivering or uncontrollable shivering
- Numbness in fingers, toes, ears, or face
- Slurred speech, confusion, or sluggish behavior
- Poor coordination

Any athlete showing these signs should be removed from activity immediately and evaluated.

Temperature and wind chill will be used together, and the lower of the two will determine activity status.

### **Cold Weather Caution**

When the temperature or wind chill is 40°F – 30°F

Activities may continue as scheduled, but extra awareness is required.

- Coaches and athletic trainers should remind athletes to dress appropriately
- Hydration should be emphasized
- High-risk athletes should be watched closely

High-risk factors include wet clothing, dehydration, anemia, diabetes, low blood pressure, sickle cell trait or disease, and current illness.

### **Cold Weather Warning**

When the temperature or wind chill is 29°F – 20°F

Activities should be modified.

- Athletes must be properly dressed with layers, hats, and gloves
- Warm-ups should start indoors when possible
- Practices should keep athletes moving and avoid long periods of standing still
- Avoid excessive sweating early in practice
- Wet clothing should be changed immediately
- Close monitoring of all athletes, especially high-risk individuals

### **Cold Weather Termination**

Dry conditions:

- Below 20°F, outdoor practices and games may be postponed, moved indoors, or canceled

Wet conditions (rain, sleet, snow):

- At or below 32°F, outdoor activities should be suspended

### **Clothing Expectations**

Athletes are encouraged to wear:

- Moisture-wicking base layers
- Warm insulating layers
- Wind- and water-resistant outer layers
- Hats or hoods that cover the ears
- Gloves
- Dry socks

Cotton clothing should be avoided when possible.

### **Authority**

The **Ingram ISD Athletic Department** reserves the right to modify, delay, relocate, or cancel any outdoor activity when weather conditions are unsafe.

