

**Northside Independent School District  
San Antonio, Texas**

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

## **Cold Weather Guidelines**

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. Temperatures do not have to be freezing to be harmful. Individuals participating in outdoor activity in cold, wet, or windy conditions are at risk for environmental cold injuries.

**Cold Exposure:**

- Breathing of cold air can trigger asthma attack
- Coughing, chest tightness, burning sensation in throat and nasal passage
- Reduction of strength, power, endurance, and aerobic capacity
- Core body temperature reduction, causing reduction of motor output

**Cold Recognition:**

- Shivering, a means for the body to generate heat
  - Excessive shivering contributes to fatigue, loss of motor skills
  - Numbness and pain in fingers, toes, ears, and exposed facial tissue
  - Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented
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- Students should not have physical education or recess when the temperature or wind chill factor drops below 40 degrees.
  - On days when the temperature is unseasonably cold, the duration of outside activity, such as recess and field trips, should be limited to 15 minutes.

**The following guidelines have been adopted by the NORTHSIDE ISD Athletic department for practices and games:**

**Cold Weather Caution:** When temperature or wind-chill (which is lower than actual temperature) is from 40°F -30°F.

- No modification of practice, but a warning will be given to coaches and athletes.
- Coaches and Athletic Trainers should emphasize the importance of following UIL Cold Weather Illness Recommendations.
- Watch those “high risk” athletes. Factors that influence an athlete to cold weather illness include: wet skin, dehydration, anemia, diabetes, hypotensive individuals, and those with sickle cell disease.

**Cold Weather Warning:** When temperature or wind chill is from 29°F - 20°F, there may be modified participation of outside practices and games.

- Instruct athletes on how to properly dress for the cold weather- warm-ups, hoods/knit caps, and gloves if athlete has them
- Warm-up to start indoors (stretching, etc.) not to reduce the 45 minutes of outside time.
- Practice should keep an individual moving and all involved. Practices should avoid a big sweat in the first 20 minutes, and eliminate the athletes from being wet and sitting around watching in the cold temperatures.
- Keep very close watch on those “high risk” athletes.

**Cold Weather Termination:**

**DRY** - When temperature or wind chill reaches below 20°F, there may be a termination of outside practices and games.

**WET** – When temperature or wind chill reaches 32°F or below, there may be termination of Outside practices and games.

**\*\*The NORTHSIDE ISD Athletic Department reserves the right to modify or cancel games or practices due to extreme weather conditions.**

