Millbrook School Extreme Temperature Guidelines

Severe temperature: extreme cold (wind chill index below 0 degrees F), extreme heat (heat index above 100 degrees F).

In the event of extreme temperatures, ALL Millbrook School outdoor practices will be discontinued.

It will be the responsibility of the Athletic Department [Athletic Director(s) and Athletic Trainer(s)] to monitor the weather conditions with assistance from the Head Coaches or supporting coaching staff. The Athletic Trainer will make recommendations to the Athletic Director and coaches regarding the discontinuation of practice. The Athletic Trainer will be responsible for monitoring the Heat Index and Wind Chill Index. The decision to discontinue practice will be made by the Athletic Trainer or by the Athletic Director in the absence of the Athletic Trainer.

COLD EXPOSURE GUIDELINES
Why should we care about wind chill? A lower wind chill can increase the rate at which certain cold-weather dangers, such as frostbite and hypothermia, can develop. Precautions that we can take to avoid them when outside in cold weather include wearing proper clothing and using appropriate equipment. It is also important to regularly check yourself for wet or cold areas on your body while outside in extreme weather, or use the buddy system to look for signs of danger and rewarm body parts as needed.

Conditions that can lead to hypothermia:
- Cold temperatures
- Improper dress/equipment
- Wetness
- Poor food intake
- Prolonged exposure
- Exposed skin

The severity of hypothermia can vary, depending on how low the core body temperature gets. There are specific signs and symptoms to look for. The condition worsens as the core body temperature lowers.

Mild Hypothermia (core body temperature ranges from 99-95 degrees F):
- Involuntary shivering
- Inability to perform complex motor functions

Moderate Hypothermia (core body temperature ranges from 95-90 degrees F):
- Slurred speech
- Violent shivering
- Dazed consciousness
- Irrational behavior
- Loss of fine motor coordination

**Severe Hypothermia (core body temperature ranges from 90-75 degrees F):**
- Pupils are dilated
- Skin is pale
- Pulse rate decreases
- Muscle rigidity develops
- Shivering occurs in waves, it is violent then pauses; the pauses eventually grow longer and longer until shivering ceases
- Person falls to the ground and cannot walk; may curl into a fetal position to conserve heat
- Person loses consciousness, heartbeat and respiration are erratic
- Cardiac and respiratory failure, then death

![Wind Chill Chart](image)

**Guidelines established by Millbrook School for Practice and Event participation:**

**Outside participation limited to 45 minutes:**
When the temperature or wind chill (real feel temperature) is 15 degrees F to 1 degree F.

**Termination of outside participation:**
When the temperature or wind chill (real feel temperature) is 0 degrees F or below.

In cold weather temperatures proper layered clothing should be worn and encouraged by Millbrook School Athletic Department staff and coaches. These include:
- Several layers around the core of the body, especially those individuals that are not very active (ex. Goaltenders).
- Long pants designed to insulate.
- Long sleeve shirt/ sweatshirt/ coat designed to insulate and break the wind.
- Gloves, ear protection/ Hat or Helmet, Face protection
- Wicking socks that do not hold moisture inside. Wool is excellent. Cotton Absorbs and holds in moisture.
Clothing should be layered to allow adjustments as activity level may increase and decrease within a practice which may elevate or drop core body temperature.

In addition to above guidelines, it is recommended that additional directives are given to student-athletes:

- Cold exposure/activity requires more energy from a body. Additional calorie intake may be required.
- Cold exposure/activity requires similar hydration to room temperature.
- Never train alone! A simple ankle sprain in cold weather may become life threatening.
- Student-athletes should be instructed on signs of cold stress (wind chill, frostbite and hypothermia). Fatigue, confusion, slurred speech, red or painful extremities, swollen extremities, blurred vision, red watery eyes, dizziness, headache, numbness, tingling of skin and extremities, shivering, uncontrollable shivering etc. are a few warning signs of cold stress.

**Heat Exposure Guidelines**

Staff and coaches must watch student-athletes carefully for signs of trouble, particularly athletes who lose too much weight, overweight student-athletes, and the eager student-athletes who constantly compete at top capacity. Be aware of trouble signs such as nausea, incoherence, fatigue, weakness, vomiting, cramps, weak/rapid pulse, visual disturbances and unsteadiness.

Staff and coaches must know what to do in case of an emergency. They should be familiar with immediate first aid practices and prearrange procedures for obtaining medical care, including ambulance service.

Staff and coaches must know both the temperature and humidity of the activity location. The greater the humidity the more difficult it is for the body to cool itself. If any student-athletes is noted to having difficulties in the heat, activity should be closely monitored or cancelled because others are likely also to have difficulties.

**Signs and symptoms of Heat Illness:**

- Headache
- Dizziness
- Rapid pulse
- Nausea/ vomiting/ diarrhea
- Skin is flushed/ cool and pale
- Disoriented/ confusion
- Shallow breathing
- Muscle cramping
- Red, dry skin
- Seizures
- Loss of consciousness/ collapse
- Unusual behavior/ irritability

It is recommended that any student athlete who collapses OR demonstrates multiple signs and symptoms should be immediately removed and treated by the Athletic Trainer or other trained medical personnel. If a rectal thermometer is unavailable, oral, skin, and ear thermometers are acceptable. These student-athletes should be sent to the emergency room for evaluation.

**Exertional Heat Exhaustion:** Defined as an elevated core body temperature between 102-104 degrees F. This condition is not as severe as heatstroke but if left untreated, it can progress to heat stroke. Initiate cooling immediately. No return to activity.

**Exertional Heat Stroke:** Defined as core body temperature > 104 degrees F. Delay in recognition/ treatment could be fatal. Initiate Emergency Action Plan immediately.
Special considerations for contact sports and activities with additional equipment.

Heat index greater than 95:
1. Helmets and other possible equipment removed while not involved in contact.
2. Re-check temperature and humidity every 30 minutes to monitor for changes in Heat index.

Heat index greater than 100:
1. Helmets and other possible equipment removed if not involved in contact or necessary for safety.
2. If necessary for safety, suspend specific activities.
3. Rec-check temperature and humidity every 30 minutes to monitor for changes in Heat index.

Heat index greater than 104:
NO OUTDOOR ACTIVITIES