

North East 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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- Campuses will make the best decision for their campus based on the conditions at their site and the appropriate dress of their students with regards to participation outdoors for recess and physical education.

The following guidelines have been adopted by the North East Athletic department for practices and games:

ColdWeatherCaution: 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.

NOTE: Middle School outdoor events may be cancelled.

ColdWeatherWarning: 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.

NOTE: Middle School outdoor activities will be cancelled

ColdWeatherTermination:

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 NORTH EAST ISD Athletic Department reserves the right to modify or cancel games or practices due to extreme weather conditions.**

