



# EASTERN WASHINGTON SURF SOCCER CLUB

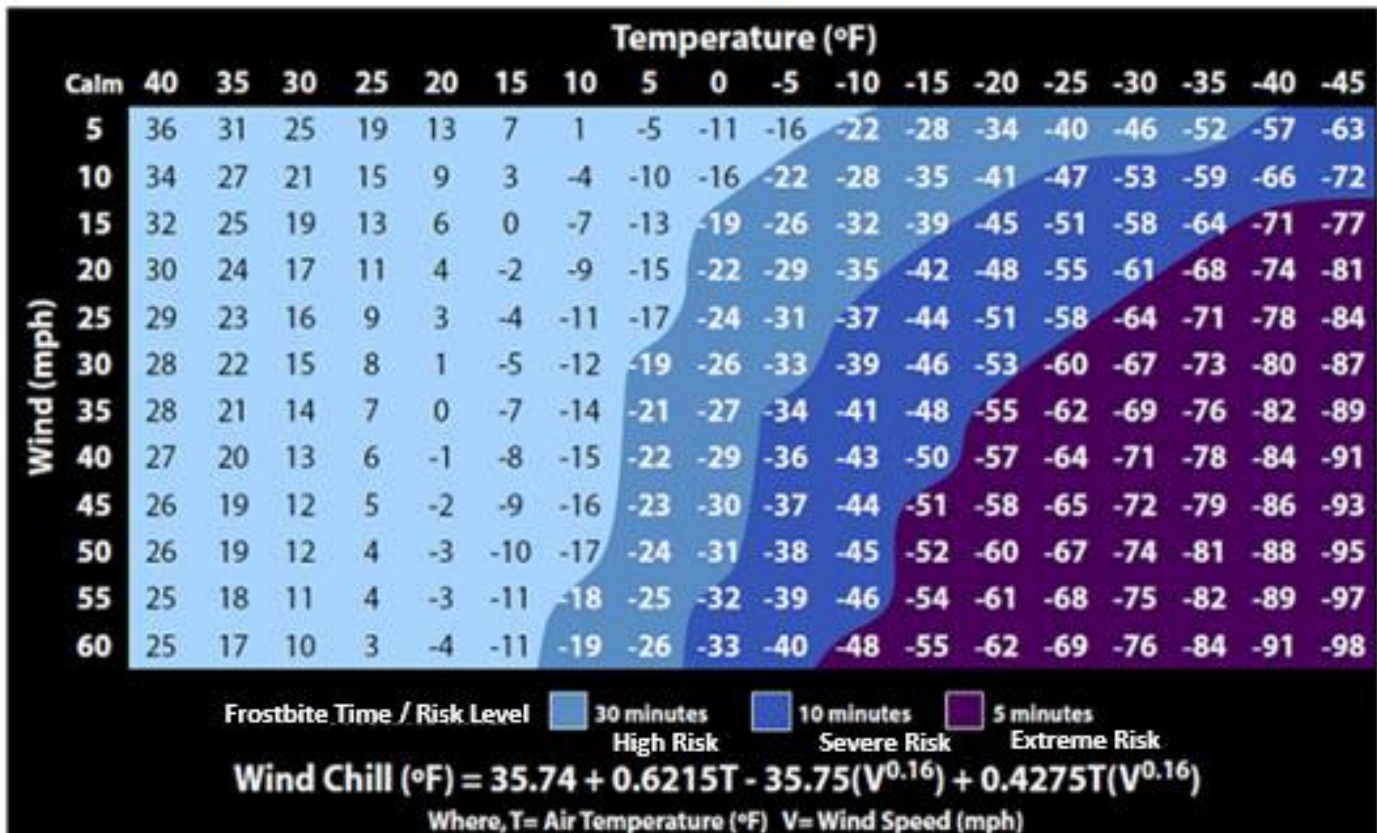
## COLD WEATHER

The following guidelines have been established for practices and games shall be determined on a case-by-case basis by the club administration in concert with specific league procedures.

### Cold Weather Recommendations:

Cold illnesses can be broken down into three categories: cold/dry freezing illnesses (frostbite), cold/wet non-freezing illnesses (trench foot and chilblains) and hypothermia.

To prevent cold-weather injuries, controls will be implemented during club activities, equipment/clothing recommendations should be adhered to, and play-rest cycles will be based upon the frostbite risk in the table below.





Coach and staff training shall include information about risk factors that contribute to cold stress, recognizing and reporting cold-related illness symptoms, giving appropriate first aid, general methods to prevent cold stress, and how to use weather data (i.e., frostbite risk level) to make specific risk mitigation decisions.

It is important to keep in mind that the actual playing conditions may vary significantly from where the weather data is collected. If players on the field are exposed to significant wind or precipitation, the conditions could be much more severe. Additionally, frostbite illnesses occur at differing temperatures based upon whether or not the skin is dry (~28°F) or wet (~30°F). Lastly, if the ambient air temperature is >32°F there is no risk of frostbite despite the wind-speed.

**Note:** Wind Chill level will be used based on forecasts and measurements from the NOAA reporting station closest to the field/training location. NOAA data can be located at: <https://www.weather.gov/>

Wind Chill Level	Preventive Measures
20-32 Degrees	<ul style="list-style-type: none"><li>• Increase surveillance with self and buddy checks</li><li>• Wear appropriate layers and wind protection for the play location</li><li>• Cover exposed flesh if possible</li><li>• Avoid sweating.</li><li>• Limit outdoor training duration to 2 hours</li></ul>
10-20 Degrees	<ul style="list-style-type: none"><li>• Recommended play/ warming cycle: 50 minutes play/10 minutes warming</li><li>• Mandatory buddy checks every 20–30 minutes</li><li>• Sleeves and pants/tights available</li><li>• Hats and gloves/mittens recommended</li><li>• Avoid sweating</li><li>• Limit outdoor training duration to 90 minutes</li></ul>
Below 10 Degrees	<ul style="list-style-type: none"><li>• Suspend all outdoor club activities</li></ul>