Cold-weather policy

During the winter months, we may experience cold temperatures that at times can be considered extreme. Exposure to extremely cold conditions can not only be uncomfortable for ESD personnel (athletes, coaches and spectators), but can also lead to impaired performance and possibly lead to some life threatening situations. Exposure to extremely cold conditions can lead to frostbite (freezing of superficial tissues) and hypothermia (dangerous dropping of body core temperature). Exposure to cold air can also exasperate conditions for those persons with asthma. Therefore, the ESD Athletic Department has set up some guidelines to determine when we should and should not allow our students and staff to be exposed to the cold weather.

When considering when it is reasonable and prudent to have our community out in the cold for practices and games, we will consider the following four factors:

1) Ambient temperature
2) Wind chill
3) Precipitation and/or wet conditions
4) Age and/or level of competition

ESD will use the four factors above to classify three different levels of cold weather:

1. **COLD WEATHER:**
   a. Temperature, including wind chill, is above 30 degrees, with or without rain.
   b. No game or practice restrictions. Community will be advised to adjust and/or layer clothing.

2. **EXTREMELY COLD WEATHER:**
   a. Temperature, including wind chill, is between 15 degrees and 30 degrees, without rain (dry).
   b. Outside exposure will be limited. Community will be advised to adjust and/or layer clothing if outside.
   c. No Physical Education classes outdoors.
   d. Reschedule Sub-varsity games (younger students).
   e. Varsity games may only be played at the Athletic Director's discretion.

3. **DANGEROUSLY COLD WEATHER:**
   a. Temperature, including wind chill, is between 15 degrees and 30 degrees, and precipitating, **OR**
   b. Temperature, including wind chill, is below 15 degrees.
   c. No outside exposure, Varsity games will be rescheduled if required.