



Indiana Soccer Cold Weather Recommendations

In all cases, age group and competitive level must be taken into consideration.

I. COLD/WIND CHILL

Please refer to the following information to take the appropriate actions:

Administration of Wind Chill Procedures:

- 👁️ Wind Chill will be checked 1 hour before the contest/practice by a certified athletic trainer or club designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- 👁️ The athletic trainer or club designee will use the accuweather.com website to determine the RealFeel temperature for the area of the contest/training session. Once a person is on the accuweather.com website, they will put in the zip code for the location of the contest/training session and the website will give them the air temperature as well as the RealFeel temperature (wind chill).
- 👁️ If the RealFeel temperature (wind chill) is 10 degrees or below, the athletic trainer or club designee must re-check the RealFeel (wind chill) at halftime or midway point of the contest. If the RealFeel (wind chill)

All temperatures refer to wind chill temperature.

- 👁️ Above 40 degrees Full activity, no restrictions.
- 👁️ 39 to 20 degrees Stay adequately hydrated.
Notify coaches of the threat of cold related illnesses.
Have coaches and players dress in layers of clothing.
- 👁️ 19 to 10 degrees Stay adequately hydrated.
Notify coaches of the threat of cold related illnesses.
Have coaches and players dress in layers of clothing.
Cover the head and neck to prevent heat loss.
Shorten games by 5 minutes per half.
Consider postponing contest/training to a time when the wind chill is much higher, **especially for younger players.**
- 👁️ 9 to -10 degrees Stay adequately hydrated.
Notify coaches of the threat of cold related illnesses.
Have coaches and players dress in layers of clothing.
Cover the head and neck to prevent heat loss.
Consider postponing contest/training to a time when the wind chill is much higher **for all age groups.**

Consider reducing the amount of time for an outdoor training session.

- 👁️ - 11 degrees and lower No outside activity, training or contest should be held.

II. CLOTHING GUIDELINES

In cold weather conditions appropriate clothing should be worn to prevent cold exposure. Both the Athletic Trainer and/or the coaches should mandate the players to implement the following:

- 👁️ Wear several layers around the core of the body (especially those who are not very active).
 - The first layer should wick moisture away from the body.
 - The top layers should trap heat and block the wind (fleece)
 - The Outer layer should be wind and water-resistant or waterproof
 - No cotton as inside layer
- 👁️ Long pants designed to insulate
 - Sweatpants are a good choice as a base layer
 - On windy or wet days, wind pants or a nylon shell should be worn on the surface layer
- 👁️ Long sleeved garment that will break the wind
- 👁️ Gloves
- 👁️ Hat to protect the ears
- 👁️ Face protection
- 👁️ Moisture wicking socks

It is important that athletes avoid wearing multiple layers of cotton. When the body sweats, the cotton will become dense and permeated with sweat.

III. SIGNS/SYMPTOMS OF COLD STRESS

- 👁️ Fatigue
- 👁️ Confusion
- 👁️ Slurred Speech
- 👁️ Red or Painful Extremities
- 👁️ Dizziness
- 👁️ Blurred Vision
- 👁️ Numbness/tingling of Skin
- 👁️ Uncontrollable Shivering
- 👁️ Swollen Extremities
- 👁️ Headache

IV. COLD INJURY

- 👁️ Hypothermia: body Core Temperature below 95 degrees (F)

- Shivering
- Impaired motor control
- Decreased heart rate
- Impaired mental function
- Lethargy, amnesia
- Pale, cold face and extremities
- Slurred speech
- ☹️ Treatment: Remove wet clothing, warm with dry insulating blankets, cover the head, get to a warm environment. Provide warm beverages, avoid friction, avoid warming extremities initially.
- ☹️ Frostnip/Frostbite: Actual freezing of body tissues
 - Dry, waxy skin
 - Burning, tingling
 - White/blue/gray patches
 - Swelling
 - Limited movement
 - Aching, troubling, shooting pain
- ☹️ Treatment: Re-warm slowly in warm water (not hot); avoid friction/rubbing tissue

Wind-Chill Factor Chart (in Fahrenheit)

Wind Speed in MPH

Air Temp (F)	Wind Speed in MPH													
	Calm	5	10	15	20	25	30	35	40	45	50	55	60	
40	40	36	34	32	30	29	28	28	27	26	26	25	25	
35	35	31	27	25	24	23	22	21	20	19	19	18	17	
30	30	25	21	19	17	16	15	14	13	12	12	11	10	
25	25	19	15	13	11	9	8	7	6	5	4	4	3	
20	20	13	9	6	4	3	1	0	-1	-2	-3	-3	-4	
15	15	7	3	0	-2	-4	-5	-7	-8	-9	-10	-11	-11	
10	10	1	-4	-7	-9	-11	-12	-14	-15	-16	-17	-18	-19	
5	5	-5	-10	-13	-15	-17	-19	-21	-22	-23	-24	-25	-26	
0	0	-11	-16	-19	-22	-24	-26	-27	-29	-30	-31	-32	-33	
-5	-5	-16	-22	-26	-29	-31	-33	-34	-36	-37	-38	-39	-40	
-10	-22	-28	-32	-35	-37	-39	-41	-43	-44	-45	-46	-48	-50	

Temperatures inside the chart are Wind Chill Temperatures

Please read the entire document which covers prevention, indicators and treatment.

- Wind Chill 40 degrees and above: Full activity, no restrictions.
- Wind Chill 39 - 20 degrees: Outside participation allowed w/appropriate clothing.
- Wind Chill 19 - 10 degrees: Additional appropriate protective clothing. Shorten games by 5 minutes per half.
- Wind Chill 9 degrees - minus 10 degrees: Strongly recommend postponment. Frostbite Time: 30 minutes
- Wind Chill below minus 10 degrees: Stop all outside activity. Frostbite Time: 15 minutes or less