

# WEATHER POLICY



Based on USSF Guidelines  
Updated on August 4, 2025





# COLD WEATHER

## Guidelines

All decisions will be made by noon each day. Operations will inform Directors of Coaching of the plan for the day. This applies to training conditions only.

Temperature with Wind Chill (“feels like” temperature)	U11 and Below	U12 and Above
38° - 33°	Director of Coaching discretion, proceed with caution	Proceed with caution
32° - 30°	Cancel	Director of Coaching discretion, proceed with caution
29° and below	Cancel	Cancel

VIEW COMMON  
COLD ILLNESSES







**RECOGNIZE TO RECOVER**  
Presented By THORNE

# COLD WEATHER GUIDELINES

## COMMON COLD RELATED ILLNESSES

### Frostbite

Frostbite is what happens when skin and tissue actually begins freezing. It can cause numbness, tingling or stinging in the affected area. The skin may also lose its natural color, turning pale or bluish. Frostbite can permanently damage body tissue, leading to the loss of an extremity in severe cases.

The most commonly affected areas for frostbite include: nose, ears, cheeks, chin, fingers and toes. Use body heat or warm (but not hot) water to begin warming the affected area.

### Recognize

- Swelling/Edema
- Redness or mottled gray skin appearance
- Tingling or burning
- Blisters
- Numbness or loss of sensation

### Recover

Gradually rewarm affected area with warm water

### WARNING:

- Do not rub or massage the frostbitten area. This may actually increase the damage.
- Do not use heating pads, heat lamps or the heat of a stove, fireplace, or radiator for warming since affected areas are numb and can be easily burned.

\*If any of the symptoms persist for longer than a few hours, seek medical attention from emergency department or physician

### Hypothermia

Hypothermia is the result of your internal body temperature dropping to 95 degrees Fahrenheit (35 degrees Celsius) or less. It can be fatal if not detected promptly and treated properly.

Hypothermia typically begins with feelings of intense cold, shivering and behavior which are more quiet and disengaged than normal. As the condition worsens, the individual seems confused, sleepy and may begin slurring speech. To begin treating hypothermia, start by warming the center of the individual's body first. Make sure they are dry and cover them with layers of blankets, clothing, towels or whatever else is around to contain their body heat. Warm nonalcoholic beverages may also help increase body temperature. If hypothermia is suspected, get the on-site medical provider or call 911.

### Recognize

- Shivering vigorously or suddenly not shivering
- Increased blood pressure
- Lethargy
- Impaired mental function
- Slurred speech

### Recover

- Remove damp/wet clothing
- Apply heat to the trunk of the body, not limbs
- Provide warm fluids and food
- Avoid applying friction massage to tissues

### WARNING:

Do not use a hot shower or bath to treat hypothermia because it could cause the individual to go into shock.

\*If symptoms persist seek medical attention from a physician or Emergency department

Heat loss can occur through head and hands



Exposed skin is a greater risk for frostbite

NOTE: This table was adapted from the NOAA and NWS and is compiled from the following formula Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V^0.16) + 0.4275T(V^0.16) Where, T= Air Temperature V=Wind Speed (mph)

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