

Augustana College Cold Weather Policy for Home Events



Based on the National Athletic Trainers' Association's Position Statement on Environmental Cold Injuries as well as the guidelines put forth by the NCAA Sports Medicine Handbook, the following protocols and precautionary measures will be taken to ensure the health and safety of all student athletes and staff.

- During the cold weather season, Augustana Sports Medicine will continuously check the weather 2-3 days prior to game time using weather.com or accuweather.com at the zip code 61201. In anticipation of very cold weather, Augustana Sports Medicine, the athletic director and the head coach will be in contact with the visiting team's appropriate personnel to discuss our Cold Weather Policy. This discussion will outline our course of action should the weather be a concern on the day of competition.
- After initial contact is made with the visiting team's appropriate personnel, Augustana Sports Medicine will continue to monitor the weather leading up to game day to any observe changes and maintain appropriate communication as necessary.
- During the day of competition the onsite certified athletic trainer will monitor the outside temperature and wind chills.

If the actual temperature or wind chill is:

- 25 degrees F (23.896C) and below: cover as much exposed skin as practical, and provide opportunities and facilities for rewarming.
 - 15 degrees F (29.446C) and below: modify activity to limit exposure or to allow more frequent chances to rewarm, 45 minutes outdoors with 15 minutes indoors to rewarm.
 - 0 degrees F (217.786C) and below: terminate or reschedule activity
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- At Thorson-Lucken Field if the actual temperature or wind chill does go below 15 degrees, there must be a 15 minute session after warm ups and before game time for the student athletes to warm up indoors. The PepsiCo facility will be able to accommodate both teams. Half time must be 15 minutes long and the student athletes will be required to go indoors to warm up, and if there is a need for overtime, the student athletes must again come into PepsiCo and warm up before continuing with overtime.
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- Appropriate individuals involved in making the decision to modify participation:
 - o Home/visiting athletic directors
 - o Augustana certified athletic trainer
 - o Visiting certified athletic trainer
 - o Home/visiting head coach
 - o Officials

In cold weather conditions appropriate clothing should be worn to prevent cold exposure. Both the Athletic Trainer(s) and the coaches should mandate the student-athletes to implement the following:

- Wear several layers around the core of the body.
 - The first layer should wick moisture away from the body
 - No cotton worn as an inside layer. It is important that athletes avoid wearing multiple layers of cotton. When the body sweats the cotton will become dense and permeated with sweat.
- The top layers should trap heat and block the wind (fleece).
- The outer layer should be wind and water-resistant or waterproof. On windy or wet days wind pants or a nylon shell should be worn on the surface layer
- Long pants designed to insulate. Sweatpants are a good choice as a base layer
- Long sleeved garment that will break the wind
- Gloves
- Hat or helmet to protect the ears (cover/tape ear holes of helmets for wind, cold protection)
- Face protection
- Moisture wicking socks

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