CHSAA SMAC Alert

Cold Weather Protocols

Definition

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. It is important to remember that temperatures do not have to be freezing to have this effect.

Cold Related Injuries

Hypothermia – Body core temperature below 95°F

Treatment - remove wet clothing, warm with dry insulating blankets, cover the head, and get to a warm environment. Provide warm beverages, avoid friction, avoid warming extremities initially, seek medical care

Frostnip/Frostbite – Frostnip is superficial cooling of body tissues. Frostbite is actual freezing of body tissues which can result in cellular destruction. Most susceptible are fingers, toes, earlobes, and nose.

Treatment - rewarm slowly in warm water (not hot); avoid friction/rubbing tissue, seek medical care

Chilblain – An exaggerated or uncharacteristic inflammatory response to cold exposure

Treatment - wash, dry area, elevate, cover with loose clothing/blankets, and avoid friction and applying lotion

General Signs/Symptoms of Cold Stress

Uncontrollable shivering - Fatigue - Swollen Extremities - Confusion - Blurred Vision - Slurred Speech - Headache, dizziness - Red or Painful extremities - Numbness/tingling of skin

Guidelines for Prevention of Cold Stress

Know and recognize signs and symptoms - Modify practice and competition based on temperature, moisture, and wind chill - Provide access to warm building/shelter - Encourage/mandate appropriate type of clothing worn in layers - Monitor player's physical condition and mental status in extreme conditions

Sickle Cell Trait Protocol

Definition

Sickle Cell Trait (SCT) is a genetic condition that occurs when a person inherits one sickle cell gene and one normal gene. During periods of intense or prolonged exertion or with low oxygen levels (high altitude), an athlete with SCT may develop sickle cell crisis which is when the blood cells can change shape (sickle), causing a blockage of blood vessels.

Symptoms & Presentation of Sickle Cell Crisis

Appears dazed or confused - Appears weak - Not keeping up with other teammates - Difficulty breathing - Muscle pain, weakness or cramping - Uncharacteristic exertional distress

Guidelines for Prevention of Sickle Cell Crisis

Know the athletes who have SCT and who have had prior episodes of crisis - Allow athlete to set own pace – Ensure athletes stay well hydrated with frequent breaks – Minimize risk for heat illness – Allow for adequate rest and recovery between intense drills – Encourage slow and gradual preseason conditioning regimen – Do not permit athlete to run timed, sustained/repeated, maximal-effort sprints - Rest breaks MUST be given between sprints or sustained maximal efforts

For complete CHSAA cold weather and sickle cell trait protocol information, go to https://chsaanow.com/sports-medicine/