



# 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

#### Symptoms

- Shivering
- Sleepy or difficult to arouse
- Clumsiness (impaired motor control)
- Pale, cold face and extremities
- Decreased heart rate
- Slurred speech
- Confusion (impaired mental function/amnesia)

#### Management

- Activate EMS by calling 911
- *Transfer to warm/dry environment as quickly and gently as possible*
- *Remove wet clothing*
- *Warm chest and abdomen with dry insulating blankets (avoid warming extremities initially)*
- *Cover/warm the head*
- *If alert, provide warm beverage*
- *Continue to monitor until EMS arrives*

**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.

#### Symptoms

- *Dry, waxy skin*
- *Swelling*
- *Burning, tingling*
- *Limited movement*
- *White/blue/gray patches*
- *Aching, throbbing, shooting pain*

#### Management

- *Rewarm slowly in warm water (not hot)*
- *Warming should be continued until the skin is red/purple and soft to touch*
- *Avoid friction/rubbing tissue*

Risk	Wind Chill Temp.	Modifications
<b>Low Risk</b>	<b>30oF &amp; above</b>	<b><i>Outside participation allowed w/ appropriate clothing</i></b>
<b>Moderate Risk</b>	<b>29oF – 20oF</b>	<b><i>Mandate additional protective clothing (hat, gloves) Provide re-warming facilities</i></b>
<b>High Risk</b>	<b>19oF – 10oF</b>	<b><i>Outside participation limited to 45 minutes All participants must have appropriate clothing Provide re-warming facilities</i></b>
<b>Extreme Risk</b>	<b>9oF or below</b>	<b><i>Termination of all outside activities</i></b>

For complete CHSAA Cold Weather Protocols information, go to

