

Waxahachie ISD Athletics Cold Weather Guidelines

ADMINISTRATIVE REGULATION: OUTDOOR COMPETITION IN EXTREME COLD WEATHER

Postponing games due to cold weather will be determined on a case by case basis by Waxahachie ISD Administration, Sports Medicine and coaches. Consideration for postponement should take place under these conditions.

- Wind Chill falls below 25° F with precipitation.
- Wind Chill falls below 20° F in dry conditions.

High School Athletic Practice Guidelines

<u>Wind Chill Factor</u>	<u>Dry Conditions</u>	<u>Precipitation</u>
Wind Chill 25° F or LOWER	<ul style="list-style-type: none"> • 20 MINUTES MAXIMUM OUTSIDE • <u>ATHLETES MUST BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY WITH ALL EXTREMITIES COVERED</u> 	<ul style="list-style-type: none"> • ALL PRACTICES WILL BE INSIDE • NO OUTSIDE EXPOSURE
Wind Chill 26° - 30° F	<ul style="list-style-type: none"> • 45 MINUTES MAXIMUM OUTSIDE • <u>ATHLETES MUST BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY WITH ALL EXTREMITIES COVERED</u> 	
Wind Chill 31° - 32° F	<ul style="list-style-type: none"> • 75 MINUTES MAXIMUM OUTSIDE • <u>ATHLETES MUST BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY WITH ALL EXTREMITIES COVERED</u> 	<ul style="list-style-type: none"> • PRACTICE START 20 MINUTES INSIDE • 1/2 OF PLANNED PRACTICE OUTSIDE NOT TO EXCEED 1 HR (AFTER INITIAL 20 MINUTES INSIDE) • <u>ATHLETES MUST BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY WITH ALL EXTREMITIES COVERED</u>
Wind Chill 33° - 35° F	<ul style="list-style-type: none"> • NO LIMITATION • <u>ATHLETES SHOULD BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY WITH ALL EXTREMITIES COVERED</u> 	

Junior High Athletic Practice Guidelines

<u>Wind Chill Factor</u>	<u>Dry Conditions</u>	<u>Precipitation</u>
Wind Chill 27° F or LOWER	ALL PRACTICES WILL BE INSIDE NO OUTSIDE EXPOSURE	
Wind Chill 28° F or above	<ul style="list-style-type: none"> • 45 MINUTES MAXIMUM OUTSIDE • <u>ATHLETES MUST BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY WITH ALL EXTREMITIES COVERED</u> 	<ul style="list-style-type: none"> • PRACTICE START 20 MINUTES INSIDE • 30 MINUTES MAXIMUM OUTSIDE • <u>ATHLETES MUST BE DRESSED IN LAYERS FOR OUTSIDE ACTIVITY WITH ALL EXTREMITIES COVERED</u>