

## Department of Athletics

### Cold Exposure Policies & Procedures

#### Purpose:

To ensure the safety of students, coaches, officials and spectators participating in athletics at the Academy of the Holy Cross. We are actively implementing the following policies and procedures in the event of cold exposure.

#### I. Chain of Command

- The Certified Athletic Trainer (ATC) and the Athletic Director (AD) have the authority to modify or cancel activities occurring on the AHC campus due to the increased risk of cold exposure
  - During Practices and Games, it is the responsibility of the ATC and AD, in consultation with the Officials and coaches to alter, suspend or cancel activities

#### II. Weather Monitoring

- AHC will be utilizing the **Weather Bug** app and website as the official weather monitoring system

#### III. Real Feel

- Defined as the exact outdoor temperature including wind chill and or precipitation
  - a. **Games**
    - **32 Degrees or Below** it is up to the home school's ATC and AD to determine what game will be postponed or what measures will be taken to ensure the safety of the athletes
    - During championship tournament's the designated sport AD will make the decision for continuation or discontinuation. If the game is being played at a neutral site, then the policies to be followed may be determined through that event contract
  - b. **Practice**
    - **40-32 Degrees** no modifications of practice are necessary, but a **warning** will be given to coaches and athletes with an emphasis on the importance of **dressing appropriately**
    - **32-25 Degrees** it is **required** to **dress appropriate** (including but not limited to a hat that covers ears and gloves)

# *The Academy of the* HOLY CROSS

- **25-15 Degrees** outside participation will be **limited** to 20 minutes at a time, followed by **15-20 minutes inside**
- **14 Degrees or Below** all outdoor practices will be terminated