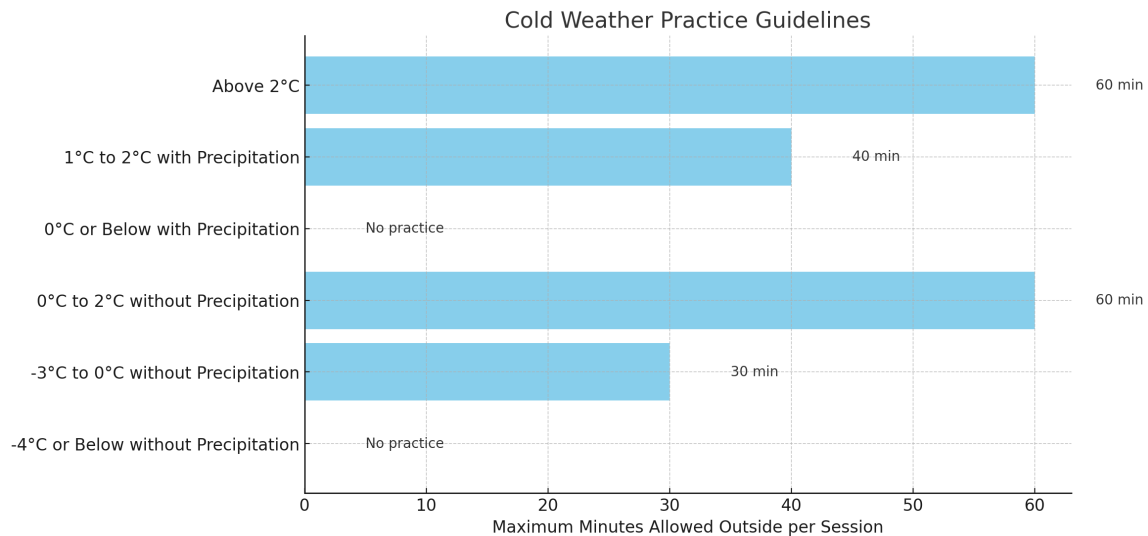


Cold Weather Practice Recommendations

- Above 2°C: Normal Practice.
- 1°C to 2°C with Precipitation: No more than 40 minutes outside per session.
- 0°C or Below with Precipitation: No outside practice.
- 0°C to 2°C without Precipitation: No more than 1 hour outside per session.
- -3°C to 0°C without Precipitation: No more than 30 minutes outside per session.
- -4°C or Below without Precipitation: No outside practice.



Specific Guidelines for Practice Duration without precipitation:

- When temperatures are between -3°C to 0°C without precipitation, limit outdoor sessions to no more than 30 minutes, with a break of at least 15 minutes indoors before potentially returning outside.
- At -4°C or lower without precipitation, outdoor practice should not be conducted.

Specific Guidelines for Practice Duration with precipitation:

- When temperatures are above 2°C with precipitation, practice can go ahead without restrictions
- When temperatures are between 1°C to 2°C with precipitation, limited outdoor sessions to no more than 40 minutes
- At 0°C or below with precipitation, outdoor practice should not be conducted

Understanding 'Feels Like' Temperature

- The "feels like" temperature is a measure of how hot or cold the environment actually feels to an individual, rather than just the reading on a thermometer. This calculation takes into account the ambient air temperature, relative humidity, and wind speed, offering a more accurate representation of the conditions your body will experience, particularly in terms of cold exposure. In cold weather, the "feels

like" temperature is often lower than the actual air temperature, due to wind chill factors.

Why These Guidelines Matter

- Cold weather, particularly when coupled with wind, can significantly increase the risk of cold-related injuries in athletes. Understanding the "feels like" temperature is crucial in determining safe practice durations.

Cold-Related Injuries and Safety Tips

Frostnip and Frostbite:

- These are injuries caused by freezing of the skin and underlying tissues. Frostnip is milder and often reversible, while frostbite can cause permanent damage.
- *Symptoms:* Numbness, white or pale skin, and a hard or waxy look to the skin.
- *First Aid:* Gently warm the affected area but avoid rubbing as it can cause tissue damage.

Hypothermia:

- This occurs when your body loses heat faster than it can produce, causing a dangerously low body temperature.
- *Symptoms:* Shivering, slurred speech, drowsiness, confusion.
- *First Aid:* Seek immediate medical attention; in the meantime, move to a warmer place, remove wet clothing, and use warm blankets.

Dressing for Cold Weather Sports

- Proper attire is essential in cold weather to prevent injuries. Athletes should dress in layers, with a moisture-wicking base layer, insulating layer, and a wind-resistant outer layer. Don't forget to protect the head, hands, feet, and face, which are most susceptible to cold injury.

Understanding and applying these guidelines, along with awareness of the "feels like" temperature and knowledge of cold-related injuries, will help ensure the safety and well-being of athletes during cold weather conditions.