



Cold Weather Guidelines

(Games and Practices)

Temperature means either ambient (still air) or wind chill index. During the course of the day, the cold weather index will rise/fall depending upon the time of day, amount of wind, cloud cover, etc. Decisions on game/practices will be made at least 60 minutes prior.

Cold Index	Recommended Guidelines
51°	No Change
50° and lower	Allowable Additional Clothing: <ol style="list-style-type: none"> 1. Layered beneath uniform (for example) <ul style="list-style-type: none"> - <i>long sleeves (hoods must be tucked in)</i> - <i>long pants</i> - <i>additional socks</i> 2. Gloves, Stocking caps without straps Clothing NOT Allowed: <ol style="list-style-type: none"> 1. Scarves <ul style="list-style-type: none"> - <i>Isadora Duncan Syndrome</i>
40° and lower	Shorten Games – Practice at Discretion of Coach <ol style="list-style-type: none"> 1. U5, U6, U7, U8 – Shorten Game by 2 min/quarter 2. U10, U12, U15, U19 – Shorten Game by 5 min/half
32° and lower	Suspend Games and Practices

COLD WEATHER TIPS

1. No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended.
2. Keep an eye on the goalie – usually the player who gets coldest first, as not running or moving like a field player.
3. Referees and coaches should discuss weather and fields pre-game.
4. Safety and health of the players come first.

The above are guidelines and it is the responsibility of parents to make the ultimate decision as to the participation of their child. When cold weather may be a factor, please take into consideration the age and physical condition of your child. Parents also have the ultimate responsibility to inform their child about the dangers of cold and need for protection (layered clothing, moisture wicking clothing, etc). Clothing needs to be underneath the uniform.