

## Policy 5.9.3 Cold Weather Procedure

The effects of cold weather can impact health and safety during practices and games. The definition of “cold stress” varies across the United States, depending on how accustomed people are to cold weather.

SnVYSA uses US Soccer’s Cold Weather Guidelines outlined here: [Environmental Conditions — Recognize to Recover](#) which uses area, temps, and wind speed to create an estimated wind chill temperature. SnVYSA will follow the alert levels and guidelines provided by US Soccer to determine if the weather conditions are safe for all.

It is important that all participants follow the guidelines below when playing in cold weather.

- Dress for cold: wear layers.
  - Layer 1: wicking layer-wool or polyester
  - Layer 2: insulated layer-fleece or wool
  - Layer 3: water and wind proof layer
- Stay dry: remove wet clothing and replace it with dry.
- Stay hydrated: drink water, add warm water to keep water from freezing.
- Coaches/Parents: During games, provide blankets or other items for players to stay warm while they are on the bench and allow additional substitutions or warming breaks.