

# FAIRFIELD YOUTH FOOTBALL ASSOCIATION (FYAA)

## Cold Weather Policy

Football activities during times of cold weather can place participants at risk for frostbite and hyperthermia. Air temperature, humidity, wind, and wet/dry conditions are contributing factors to body cooling. These factors need to be carefully monitored to determine if any modifications must be followed.

1. If the ***temperature and wind chill is 25 degrees***, outside exposure will be limited to 45 minutes.
2. If the ***temperature and wind chill is between 25 – 15 degrees***, outside exposure will be limited to no more than 30 minutes.
3. If the ***temperature and wind chill is 15 degrees or less***, all outside activities are cancelled.

Clothing should be layered to allow adjustments as activity level may increase or decrease within practice which may elevate or decrease body temperature. All extremities need to be covered. If raining, proper rain gear is important as wet skin will increase the chances of hypothermia/frostbite.