

FORSYTH COUNTY PARKS AND RECREATION DEPARTMENT  
Policy/Guidelines for Extremely Low Temperatures

The Individual participant or Parent of the participant **MUST** make the ultimate decision as to whether or not to attend a scheduled athletic activity. The FCPRD will use a temperature/wind chill threshold of 30° F, as a limit. Anytime, that the temperature/wind chill is forecasted to be below 30° F for an extended period of time during outdoor scheduled activity, the FCPRD will cancel the activity.

A. The FCPRD Athletic Staff, or designee, will make the final decision as to whether outdoor practices or games will be conducted. The health, safety, and welfare of the participants WILL be the determining factors. However, the Individual participant or Parent of the participant **MUST** make the ultimate decision as to whether or not to attend a scheduled athletic activity.

B. The wind chill factor will be used to determine the severity of the cold temperature, NOT just the temperature alone.

C. Participants should Warm-up and stretch properly immediately before the competition or practice.

D. Clothing should be selected for comfort. Do not overdress. Multiple layers provide good insulation.

E. Properly cover the head, neck, legs, and hands. Much of your body heat is lost through these areas.

F. Extreme cold blocks some sensations of pain. Thus, frostbite can easily affect the fingers, toes, ears, and facial areas. Check these areas regularly.

G. Hypothermia is dangerous. Add extra clothing and move to a warm environment immediately after game or practice. Drink warm fluids if possible. Hypothermia has occurred in air temperatures of 50°-65°F.

H. Early signs and symptoms of hypothermia include shivering, euphoria, confusion, and behavior similar to intoxication. Severe signs include lethargy, muscular weakness, disorientation, depression, hallucinations, and even combative behavior.

**WIND CHILL CHART**

(Reading=Apparent Temperature)

Temperature	With 0 mph wind	With 10 mph wind	With 20 mph wind	With 30 mph wind
30°	30°	16°	4°	-2°
20°	20°	4°	-10°	-18°
10°	10°	-9°	-25°	-33°
0°	0°	-24°	-39°	-48°
-10°	-10°	-33°	-53°	-63°
-20°	-20°	-46°	-67°	-79°

The following are reminders as to how to handle inclement weather with snow/ice, lightning, possible tornadoes and severe thunderstorms in conjunction with practices and games.

1. Athletic Cancellations during the day by the Athletic staff:

- All teams and Coaches must adhere to all specific instructions from FCPRD administration.
- Participants are to vacate fields/parks when cancellations occur.

2. County Govt. Office Closings Prior To Athletic Activity Beginning:

- No practices, games, or meetings each day that County Govt. Offices are closed.

3. After Practices or Games Have Started:

- Athletic Staff and Game Officials will confer concerning games in progress. A coach may cancel practices when individual situations warrant such action. If cancellation is warranted: Get all athletes, coaches, fans, etc. to safety immediately.

4. During Holidays:

- Fields are 1<sup>st</sup> come 1<sup>st</sup> serve unless previous arrangements have been made with the Park Coordinator. Coaches should use their best judgment.

All directives from the FCPRD Office must be strictly followed.