Manhattanville College “Cold Exposure” Policy

For the safety and well-being of Manhattanville College student-athletes and staff, the following standards are applicable.

The National Athletic Training Association (NATA) position statement (2008) states that injuries from cold exposure are due to a combination of low air or water temperatures and the influence of wind on the body’s ability to maintain a core temperature.

Based on data supplied by the National Oceanic and Atmospheric Administration (NOAA), the National Weather Service (NWS) and NATA, the following guidelines must be followed:

Real Temperature under 5°F: Cancellation of outdoor activity

Athletic sessions should be cancelled or moved indoors if possible.

Wind Chill (Real Temperature and Wind Speed) below 0°F: Cancellation of outdoor activity

Athletic sessions should be cancelled or moved indoors if possible.

Wind Chill (Real Temperature and Wind Speed) below 15°F: Extreme Caution and Alteration of Practices

When the wind chill falls below 15°F, student-athletes and staff should be allotted a re-warming period of 15 minutes every hour. This re-warming period should be conducted within a heated indoor facility. At this time, it is recommended that student-athletes remove any wet clothing and replace it with dry clothing prior to returning to practice.

Additional Situations:

- 30°F and Below: Be aware of the potential for cold injury.
- 25°F and Below: Layer clothing and provide opportunities for re-warming.
- 15°F and Below: Modify activity to limit exposure and provide frequent opportunities for re-warming.
Clothing Guidelines

In cold weather conditions, appropriate clothing should be worn to prevent cold exposure. Manhattanville College athletic trainers and coaches will encourage student-athletes to implement the following:

- Wear several layers around the cores of the body, especially those student-athletes who are not very active
  - First layers should wick moisture away from the body
  - Top layers should trap heat and block the wind
- Long pants that are designed to insulate (sweatpants are a good choice). On cold and/or windy days, wind pants or nylon shells should be worn on top to break the wind.
- Long-sleeve garments that will break the wind
- Gloves
- Hat or helmet to protect the ears
- Face protection
- Moisture-wicking socks (wool is a good choice)
- Layers of clothing are preferred so that adjustments can be made as activity level increases or decreases and as the weather changes
Protocol for Environmental Safety

1. Establish a chain of command that identifies who is to make the call to remove individuals from the field.

2. Name a designated weather watcher (a person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous).

3. Have a means of monitoring local weather forecasts and warnings.

4. Designate a safe shelter for each venue.

5. Use the flash-to-bang count to determine when to go to safety. By the time the flash-to-bang count approaches 30 seconds, all individuals should be already inside a safe structure.

6. Once activities have been suspended, wait at least 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

7. Avoid being the highest point in an open field, in contact with or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.

8. Assume the lightning safe position (crouched on the ground, weight on the balls of the feet, feet together, head lowered and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear “crackling” noises. Do not lie flat on the ground.

9. Observe the following basic first aid procedures in managing victims of a lightning strike:
   - Survey the scene for safety
   - Activate the local EMS
   - Lightning victims do not “carry a charge” and are safe to touch
   - If necessary, move the victim with care to a safer location
   - Evaluate airway, breathing and circulation, and begin CPR if necessary
   - Evaluate and treat for hypothermia, shock, fractures and/or burns

10. All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.

Safe Shelter:

1. A safe location is any substantial, frequently inhabited building. The building should have four solid walls (not a dugout), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.

2. The secondary choice for a safer location from the lightning hazard is a fully-enclosed vehicle with a metal roof and the windows completely closed. It is important to not touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.

3. It is not safe to shower, bathe or talk on landline phones while inside of a shelter during thunderstorms (cell phones are permitted).
Flash-to-Bang:

To use the flash-to-bang method, begin counting when seeing a lightning flash. Counting is stopped when the associated bang (thunder) is heard. Divide this count by five to determine the distance to the lightning flash in miles. For example, a flash-to-bang count of 30 seconds equates to a distance of six miles. Lightning has struck from as far away as 10 miles from the storm center. “If you hear it, clear it; if you see it, flee it.”

Postpone or suspend activity if a thunderstorm appears imminent before or during an activity or contest (irrespective of whether lightning is seen or thunder is heard) until the hazard has passed. Signs of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity.
Heat Index Charts

**HEAT INDEX**

ENVIRONMENTAL TEMPERATURE (°F)

<table>
<thead>
<tr>
<th>RELATIVE HUMIDITY</th>
<th>APPARENT TEMPERATURE*</th>
</tr>
</thead>
<tbody>
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</tr>
<tr>
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<td>65° 70° 75° 80° 85° 90° 95° 100° 105° 110° 115° 116°</td>
</tr>
<tr>
<td>20%</td>
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<tr>
<td>40%</td>
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<tr>
<td>50%</td>
<td>69° 75° 81° 88° 96° 107° 120° 135° 150°</td>
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<tr>
<td>90%</td>
<td>71° 79° 88° 102° 122°</td>
</tr>
<tr>
<td>100%</td>
<td>72° 80° 91° 108°</td>
</tr>
</tbody>
</table>

*Combined index of heat and humidity ... what it "feels like" to the body.

Source: National Oceanic and Atmospheric Administration