

## COMPETITION AND PRACTICE GUIDELINES FOR COLD



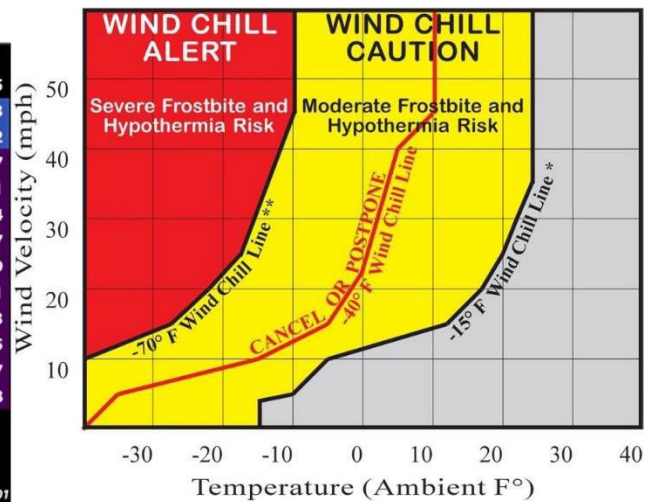
### NWS Windchill Chart



		Temperature (°F)																			
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45		
Wind (mph)	Cal	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45		
	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63		
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72		
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77		
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81		
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84		
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87		
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89		
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91		
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93		
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95		
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97			
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98			

Frostbite Times: 30 minutes (light blue), 10 minutes (medium blue), 5 minutes (dark blue)

**Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V<sup>0.16</sup>) + 0.4275T(V<sup>0.16</sup>)**  
 Where, T= Air Temperature (°F) V= Wind Speed (mph) Effective 11/01/01



### CANCEL OR POSTPONE:

- Competition >1 minute duration at -4°F
- All Activity at -20°F or at -40° Wind Chill

### NOTES

- -15°F or greater Wind Chill – Exposed flesh can freeze in 1 minute
- -70°F or greater Wind Chill – Exposed flesh can freeze in less than 30 seconds

### CURRENT STANDARD FOR ALPINE SKIING

- >-4 °F Ambient Temperature – Check for frostbite on exposed skin.
- -4 °F to -10 °F Ambient Temperature – Severe frostbite and hypothermia risk. No metal jewelry. Eye protection for frostbite. Windscreen for genitalia. Modify pre-race protocol to limit athletes' cold exposure to <30 minutes in duration total time.
- < -10 °F Ambient Temperature or -40 °F wind chill – Lower limit for practice and training. Extreme frostbite and hypothermia risk. No exposed skin. Attempt to reschedule event. If competition cannot be rescheduled, a no strip rule will be enforced with all competitors wearing extra layers that include a wind shell for entire body. Modify pre-race protocol to limit athletes' cold exposure to <20 minutes in duration total time.
- < -40 degrees F wind chill – Postpone/cancel competition