



Venus ISD Cold Weather Policy 2021-2022



The following VISD Cold Weather Policy will be in effect for all outdoor athletic activities, including practices and games. This information should be shared with all Coordinators as well as the coaching staffs for all outdoor sports. Coaches should be familiar with wind chill cut-off temperatures and exposure times.

Risks Associated with Cold Exposure

- May trigger an asthma attack
- May cause coughing, tightening of the chest, and a burning sensation in the throat and/or nasal passages
- May result in a reduction in strength, power, endurance and aerobic function
- Will result in a reduction of core body temperature which can lead to a reduction of motor output
- Appropriate cold weather apparel should be issued to all students. If students do not have weather-appropriate apparel, practices/games should be moved indoors.

Recognition of Potential Cold Related Illness – What to look for

- Shivering is a reflex that attempts to generate body heat
- Excessive shivering contributes to fatigue and loss of motor skills
- Numbness and/or pain in exposed fingers, toes, ears and facial tissue
- Drop in core temperature may result in sluggishness, slurred speech and/or disorientation

Notification of Inclement Weather and Enforcement

- Decisions for outdoor activity will be made based on the “Feels Like” temperature on the Perry Weather Website/App and at the discretion of the School Administrators, the Athletic Coordinator and Athletic Training Staff
- Athletic Trainers will monitor the “Feels Like” temperature and weather before and during activity and will inform Coaches and Administrators of any changes
- Head Coaches will be responsible for monitoring students and adhering to exposure times
- Game cancellations and postponements will be at the discretion School Administrators, the Athletic Coordinator, Head Coaches with input from the Athletic Training Staff



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<h1>Venus High School</h1>	
Feels Like 40° or above	<ul style="list-style-type: none"> • Normal Practice • Monitor weather and athletes for cold related injuries
Feels Like 35°-39° <i>without</i> precipitation	<ul style="list-style-type: none"> • 60 min exposure/15 min inside; may return outside after 15 min • Athletes must be dressed in warmups with extremities covered • Games: Dry clothing should be available at halftime (i.e. socks, gloves, hats)
Feels Like 35°-39° with precipitation	<ul style="list-style-type: none"> • 45 min exposure/15 min inside; may return outside after 15 min • Athletes must be dressed in warmups with extremities covered • Games: Dry clothing should be available at halftime (i.e. socks, gloves, hats)
Feels Like 35° or lower with precipitation	<ul style="list-style-type: none"> • 35 min exposure/20 min inside; may return outside after 20 min • Athletes must be dressed in warmups with extremities covered • Games: Dry clothing should be available at halftime (i.e. socks, gloves, hats)
Feels Like 35° or lower <i>without</i> precipitation	<ul style="list-style-type: none"> • 45 min exposure/15 min inside; may return outside after 15 min • Athletes must be dressed in warmups with extremities covered • Games: Dry clothing should be available at halftime (i.e. socks, gloves, hats)
Feels Like 32° or lower with OR without precipitation	<ul style="list-style-type: none"> • No outside exposure • All practices will be moved inside • Games: Cancelled or postponed



Venus Middle School

Feels Like 46° or above	<ul style="list-style-type: none"> • Normal Practice • Monitor weather and athletes for cold related injuries
Feels Like 45° or lower with precipitation	<ul style="list-style-type: none"> • 35 min exposure/20 min inside; may return outside after 20 min • Athletes must be dressed in warmups with extremities covered • Games: Dry clothing should be available at halftime (i.e. socks, gloves, hats)
Feels Like 35°-39° <i>without</i> precipitation	<ul style="list-style-type: none"> • 60 min exposure/15 min inside; may return outside after 15 min • Athletes must be dressed in warmups with extremities covered • Games: Dry clothing should be available at halftime (i.e. socks, gloves, hats)
Feels Like 35° - 39° or lower with precipitation	<ul style="list-style-type: none"> • 45 min exposure/15 min inside; may return outside after 15 min • Athletes must be dressed in warmups with extremities covered • Games: Dry clothing should be available at halftime (i.e. socks, gloves, hats)
Feels Like 35° or lower <i>without</i> precipitation	<ul style="list-style-type: none"> • 30 min exposure/15 min inside; may return outside after 15 min • Athletes must be dressed in warmups with extremities covered • Games: Dry clothing should be available at halftime (i.e. socks, gloves, hats)
Feels Like 32° or lower with OR without precipitation	<ul style="list-style-type: none"> • No outside exposure • All practices will be moved inside • Games: Cancelled or postponed