

The following is an “Excessive Cold” standard for Albright Athletics

For the safety and well being of Albright College Athlete and staff, the following standards are applicable to all athletic activities at Albright College:

Based on Data supplied by NOAA (National Oceanic and Atmospheric Administration), the National Weather Service, and National Athletic Training Association, the following Guidelines must be followed:

Real Temperature of <5° - Cancellation of outdoor activity

Athletic sessions should be cancelled or moved indoors if possible.

Wind Chill (Real temperature & Wind speed) below 0° – Cancellation of outdoor activity

Athletic sessions should be cancelled or moved indoors if possible.

Wind Chill (Real temperature & Wind speed) below 15°- Extreme Caution and Alteration of practices

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

These recommendations are also in adherence to the NCAA Sports Medicine Handbook Guideline 2B.

The Wind Chill Index should be monitored via internet at weather.com (The Weather Channel) and WFMZ.com (local news) by the athletic training department. A Wind Chill Index Calculator and Chart is available through the Weather Channel website at <http://www.nws.noaa.gov/os/windchill/index.shtml>

These are minimum guidelines. Other conditions, including severe weather, may require further modification of schedules or activities. Adherence to these recommendations and guidelines should be strictly enforced.

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