

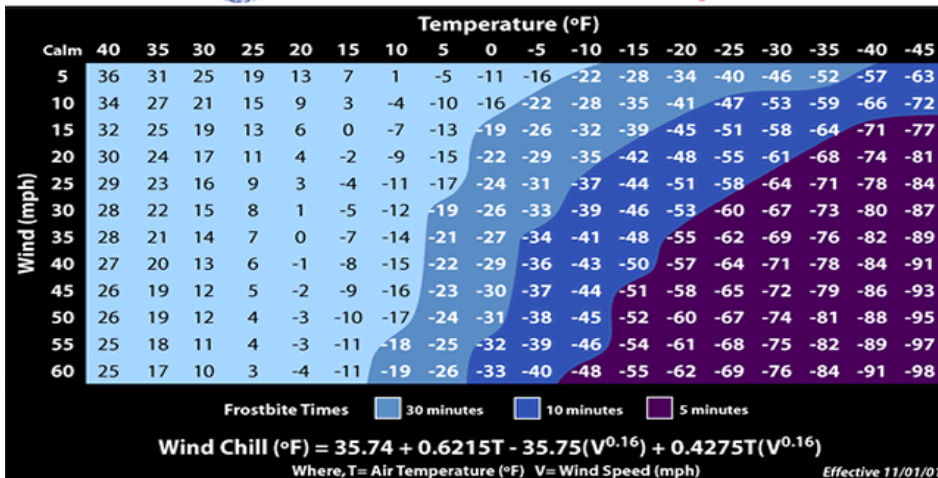
FC Dulles Cold Weather Guidelines

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. It is important to remember that temperatures do not have to be freezing to cause cold-related injuries. Individuals engaged in soccer activities in cold, wet or windy conditions are at risk for cold injuries.

| RISK | TEMP. or WIND CHILL | RULES & RECOMMENDATIONS |
|---------------|---------------------|---|
| Low Risk | 40°F & above | All age groups can participate outdoors in low risk conditions. Recommendations: <ul style="list-style-type: none"> • Players wear appropriate clothing |
| Moderate Risk | 30°F - 40°F | All age groups can participate in the moderate risk conditions <ul style="list-style-type: none"> • Players should have training pants & jacket (can adjust after session begins) • U5-U12 should keep jacket and training pants on at all times Recommendations: <ul style="list-style-type: none"> • All players should have hats and gloves |
| High Risk | 15°F - 30°F | U5-U12 may not participate in outdoor activities U13 & older must have jacket and training pants to participate <ul style="list-style-type: none"> • All players must have hats & gloves • Outside activities limited to 1 hour Recommendations: <ul style="list-style-type: none"> • Players should wear multiple layers • Players should wear some sort of face covering • Players should have access to a re-warming area. In most cases this will be a car in the parking lot. |
| Extreme Risk | 15°F or below | No outdoor Activities |



Wind Chill Chart



CLOTHING:

The following clothing recommendations should be taken into consideration when participating in moderate to high risk conditions. It's important to note to avoid wearing cotton undergarments in layers close to the skin as cotton absorbs moisture and becomes saturated leaving moisture in contact with the skin and thus can affect body temperature in a negative way.

- Wear several layers around the core of the body (Especially players not as active such as goalkeepers and substitute players).
- The first layers closest to the skin should wick moisture away from the body (i.e. the brand 32 Degrees makes inexpensive legging and upper-body base layers that are very good for wicking- available online at many stores including Costco).
- The top layers should trap heat and block wind (fleece).
- The outer layer should be wind and water-resistant or waterproof. The uniform jersey should be the last layer.
- No cotton on the inside layers.
- For the legs- a wicking first layer (see above-32 degrees brand)
- The surface layer for legs should be training pants-for windy or wet days an outside shell worn as the surface layer.
- Gloves
- Hat to cover ears
- Face covering (balaclava or neck gaiter)
- Moisture wicking socks

Signs/ Symptoms of Cold Stress:

Fatigue, Blurred vision, Confusion, Numbness, tingling of skin, Slurred speech, Uncontrollable shivering, Red or painful extremities, Swollen Extremities, Headache or dizziness.

Players exhibiting these symptoms should be treated and removed to a warm environment immediately (in most cases this will be a warm automobile).