



The effects of cold weather can impact health and safety during practices and games. The definition of “cold stress” varies across the United States, depending on how accustomed people are to cold weather. A player from Minnesota will have a much different threshold for cold than a player from Florida.

U.S. Soccer’s **RECOGNIZE TO RECOVER** program prepared this guide for coaches, referees and players for training or playing in colder climates. Additionally, it serves as a guide for match play and participant safety during extreme temperature conditions. The information provided is not a substitute for medical or professional care, and you should not use the information in place of a visit, consultation or the advice of your physician or other healthcare provider. For specific questions and concerns, please consult your health care provider or physician.

COLD WEATHER SAFETY TIPS

Dressing for the cold

When temperatures drop and wind increases, the body loses heat more rapidly. It is important to dress appropriately when training or playing in cold weather. This also means to not overdress.

Layering clothing in a specific way (see box) is recommended and very effective. The layers can be added or removed based on body temperature and changing environmental conditions, such as temperature and wind. Allow players to wear additional clothing, like gloves, sweatshirts, sweat pants and/or hats or headbands. Also, avoid sweating before going outside because your body will cool too quickly.



Stay Dry

Wet and damp conditions add to the risk of injury or illness during cold weather. Players, coaches and referees should recognize these factors and use additional caution to watch for potential cold injuries.

If players do get wet during training or play, remove wet or saturated clothing and replace it with dry clothing. This becomes more important if the individual will remain out of play or anticipates standing around for a prolonged period of time. A hat, gloves and extra pair of socks can also keep extremities dry in case of snow or rain.

Stay Hydrated

Cold weather often reduces our ability to recognize that we are becoming dehydrated. If you are thirsty you have already become dehydrated. Try putting warm or hot water in a water bottle so that your water doesn't freeze when training for extended amounts of time outside.

Take Action

If someone is suffering from a cold-related illness, get him or her into a warm location as soon as possible. Identify a nearby warming location before the start of training or play.

During games provide blankets or other items for players to stay warm while they are on the bench and allow additional substitutions or warming breaks.

Wind Chill

Pay attention to the wind chill temperature (WCT) index. (see chart below) Even prolonged exposure in relatively mild temperatures can lead to frostbite. The National Weather Service wind chill chart can serve as a guide to safe play in cold weather.

Cold Weather Guidelines For Sports

Marcel A. Müller



Cold Weather Guidelines For Sports:

Decoding **Cold Weather Guidelines For Sports**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Cold Weather Guidelines For Sports**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Table of Contents Cold Weather Guidelines For Sports

1. Understanding the eBook Cold Weather Guidelines For Sports
 - The Rise of Digital Reading Cold Weather Guidelines For Sports
 - Advantages of eBooks Over Traditional Books
2. Identifying Cold Weather Guidelines For Sports
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Cold Weather Guidelines For Sports
 - User-Friendly Interface
4. Exploring eBook Recommendations from Cold Weather Guidelines For Sports
 - Personalized Recommendations
 - Cold Weather Guidelines For Sports User Reviews and Ratings
 - Cold Weather Guidelines For Sports and Bestseller Lists

5. Accessing Cold Weather Guidelines For Sports Free and Paid eBooks
 - Cold Weather Guidelines For Sports Public Domain eBooks
 - Cold Weather Guidelines For Sports eBook Subscription Services
 - Cold Weather Guidelines For Sports Budget-Friendly Options
6. Navigating Cold Weather Guidelines For Sports eBook Formats
 - ePub, PDF, MOBI, and More
 - Cold Weather Guidelines For Sports Compatibility with Devices
 - Cold Weather Guidelines For Sports Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Cold Weather Guidelines For Sports
 - Highlighting and Note-Taking Cold Weather Guidelines For Sports
 - Interactive Elements Cold Weather Guidelines For Sports
8. Staying Engaged with Cold Weather Guidelines For Sports
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Cold Weather Guidelines For Sports
9. Balancing eBooks and Physical Books Cold Weather Guidelines For Sports
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Cold Weather Guidelines For Sports
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Cold Weather Guidelines For Sports
 - Setting Reading Goals Cold Weather Guidelines For Sports
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Cold Weather Guidelines For Sports
 - Fact-Checking eBook Content of Cold Weather Guidelines For Sports
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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