



Texoma Soccer Association Cold Weather Policy

The association will follow the philosophy of the UIL (University Interscholastic League) for Games and Practices. **To keep things simple TSA will follow this procedure weather dry or wet conditions exist.**

Official Policy for TSA: (Updated 3/12/22)

Outdoor Practices and Games will be cancelled/postponed when the Wind Chill Factor Temperature is below 30 Degrees.

Communication for Cold Weather Events:

- **TSA President will notify Board members regarding any cancellations/Delays**
- **Cancellations and delays will be posted on the TSA website (www.texomasoccer.org)**

Game Day Procedures regarding Cold Weather Clothing

- **Jackets/Hoodies will need to be worn under the TSA Jersey with number visible during gameplay (the hood on a hoodie or jacket will need to be tucked or removed for player safety reasons)**
- **Gloves, toboggins, stocking caps, beanie may be worn on the field of play**
- **Under layers such as tights, leggings, thermal covering are also allowed as long as player Jersey with number is visible**

TSA website is the official site for Game Notifications and Field Stat

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Cold Weather Mitigation

Cold exposure can be uncomfortable, impair performance and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill can make activity uncomfortable and can impair performance when muscle temperature declines.

Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers, and toes. Hypothermia, a significant drop in body temperature, occurs with rapid cooling, exhaustion, and energy depletion. The resulting failure to the temperature-regulating mechanisms constitutes a medical emergency. Hypothermia frequently occurs at temperatures above freezing.

A windy 30-50 degree exposure may be as serious as a subzero exposure. For the reason TSA has developed a cold policy using the wind chill factor not the ambient temperature. Wind speed interacts with ambient temperature to significantly increase body cooling. When the body and clothing are wet (whether from sweat, rain, snow, or immersion), the cooling is even more pronounced due to evaporation of the water held close to the skin by the wet clothing.

Clothing is one of the most important parts of keeping the athlete's body warm. Athletes should dress in layers and try and stay dry. Athletes should layer themselves with wicking fabric next to the body, followed by lightweight pile or wool layers for warmth. Athletes should use a wind block garment to avoid wind chill during workouts. Heat loss from the head and neck may be as much as 50% of total heat loss; therefore, the head and neck should be covered during cold conditions. Other extremities should be covered at all times to protect from the wind chill.

