

Cold Weather Guidelines

Temperature check-in:

- Kincaid: Call the weather hotline 248-UWAX
- Hillside: We will use the National Weather Service Mesonet at <http://pafc.arh.noaa.gov/mesonet.php>. Last year we used the Service High School Station. If Service HS Station does not appear, split the difference between Campbell Creek Science Center and Upper Hillside.

Check-in Time:

- Devo's: 4:00 PM
- Juniors: 2:00 PM for 3:30 training and 4:00 PM for 5:15 training
- Noon Masters: 11:00 AM
- Evening Masters: 5:00 PM
- Women's One-Day: 5:00 PM
- Elite: 7:30 AM and 3:00 PM

Temperature Guidelines:

- Devo's: Training will be held at temperatures 5F and above. Below 5F training is cancelled.
- Juniors: Training will be held at temperatures 0F and above. Between 0F and 5F training is low intensity at L1. Below 0F training is cancelled.
- Master's and Elite: Group training will be held at temperatures 0F and above. Between 0F and 5F training is within intensity L1 to L3. Below 0F official training is cancelled. From 0 to -6F training easy distance L1 and 'on own'.

The policy is designed to encourage safe and enjoyable ski training. Our model mirrors the Norwegian Ski Federations recommendations and the FIS (International Ski Federation) guidelines. The temperature cut-off we have set is to minimize cold weather injuries both with frost bite and cold induced respiratory injury, including 'exercise induced' asthma and increased respiratory infection. For your reference, we've attached a PDF document from the FIS website. (International Ski Federation). The document is part of the FIS Medical Committee Educational Series and it is written by Professor MD PhD Inggard Lereim who is the Vice-Chairmen of the FIS Medical Committee. Her article is titled Sport at Low Temperatures - Prevention of cold injuries in snow sports.

Cold Weather Tips:

- Layer clothing. Always better to bring a little more than less. Extra jackets can always be stashed at intersections.
- Always wear a hat.
- Buffs, neck warmers, and balaclava work great.
- Remove exposed jewelry, especially ear rings.
- Ski over boots help keep the feet warm.