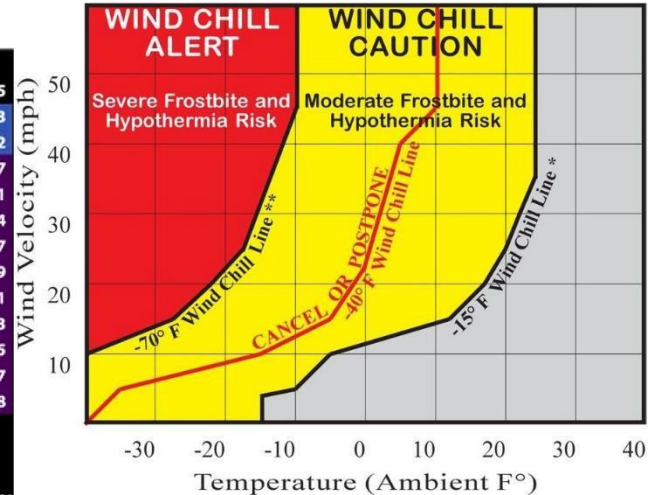
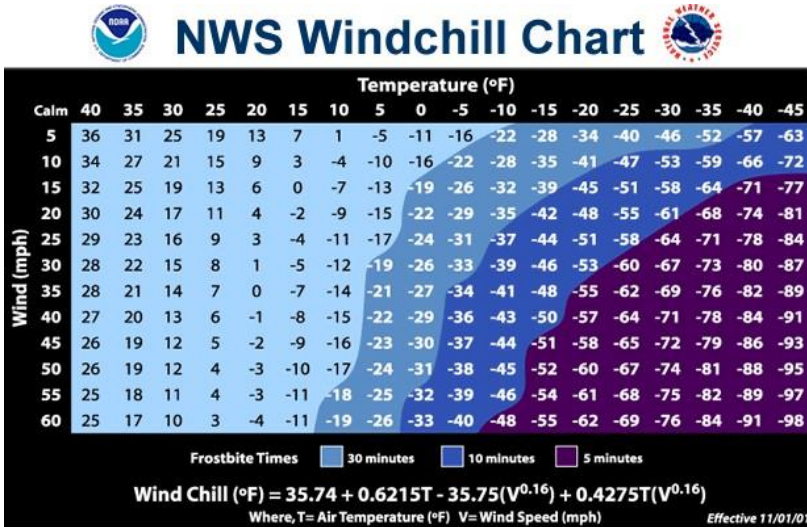


MHSAA COMPETITION AND PRACTICE GUIDELINES FOR COLD WEATHER



CANCEL OR POSTPONE:

- Competition >1 minute duration at -4°F
- All Activity at -20°F for or at -40° Wind Chill

NOTES

- -15°F or greater Wind Chill – Exposed flesh can freeze in 1 minute
- -70°F or greater Wind Chill – Exposed flesh can freeze in less than 30 seconds

CURRENT STANDARD FOR ALPINE SKIING

- >-4 °F Ambient Temperature – Check for frostbite on exposed skin.
- -4 °F to -10 °F Ambient Temperature – Severe frostbite and hypothermia risk. No metal jewelry. Eye protection for frostbite. Windscreen for genitalia. Modify pre-race protocol to limit athletes' cold exposure to <30 minutes in duration total time.
- < -10 °F Ambient Temperature or -40 °F wind chill – Lower limit for practice and training. Extreme frostbite and hypothermia risk. No exposed skin. Attempt to reschedule event. If competition cannot be rescheduled, a no strip rule will be enforced with all competitors wearing extra layers that include a windshell for entire body. Modify pre-race protocol to limit athletes' cold exposure to <20 minutes in duration total time.
- < -40 degrees F wind chill – Postpone/cancel competition