

KCSL Cold Weather Guidelines

The following guidelines will be followed to determine what actions will take place when experiencing cold-weather game/practice sessions:

For consistency, we will rely on weather information gathered online at www.accuweather.com. Temperature means either ambient (still air) or wind chill index which is referred to as RealFeel® on the Accuweather site.

46° ReelFeel® and higher

No Change

45° ReelFeel® and lower

Allowable Additional Clothing:

1. Layered beneath uniform (for example) - long sleeves - long Pants - additional socks
2. Gloves or mittens
3. Stocking caps without straps
4. Headbands that have no plastic or metal components
5. Sweat pants or shirts may be worn underneath the uniform
6. Jackets may be worn under the uniform so that player's number remains visible
7. Hooded sweatshirts are ONLY allowed if the hood and strings are properly tucked in the INSIDE of the uniform

Clothing NOT Allowed:

1. Ear muffs (plastic or metal part crossing top of head presents potential hazard)
2. Scarves (Isadora Duncan Syndrome)

40° ReelFeel® and lower

Apply the above-mentioned Additional Clothing guidelines AND:

1. Consider shortening game length, especially for ages 9 and younger
 - a. Discussion to take place with all coaches and referees prior to the start of the game
 - b. Quarter lengths or half lengths are to remain even (i.e. Instead of 2 x 30-minute halves, revise to 2 x 20-minute halves)
2. 5-minute half-time break

35° ReelFeel® and lower

1. Suspend games

- Players on sidelines should remain dressed (if in warm-ups) until they enter the game.
- Players coming off should towel off (if sweaty) and get dressed quickly.
- No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended.
- Keep hydrated (avoid caffeine and soda).
- Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.
- Keep an eye on the goalkeeper (usually the player who gets coldest first, as not running or moving like a field player).
- Referees and coaches should discuss weather and fields pre-game.
- Safety and health of the players come first.