

Athletic Trainer Services



Coaches' Education Handout

cold weather conditions

As a coach, cold weather conditions are something to be concerned about. Being able to recognize the signs and symptoms of the following cold weather illness and conditions will help protect your athletes in during the cold seasons.

Condition	Signs & Symptoms	Prevention	Management/Treatment
HYPOTHERMIA- <i>A decrease in core body temperature</i>	<ul style="list-style-type: none"> Core body temp BELOW 95 degrees Fahrenheit Excessive Shivering Sluggishness Drowsiness Apathy Limbs are numb Lack of awareness 	<ul style="list-style-type: none"> Layer closest to skin should be made of a moisture wicking material Wear multiple layers Outer layer should be breathable and moisture repellant Keep athletes dry Decrease time exposed to cold weather 	<ul style="list-style-type: none"> Remove athlete from cold environment immediately Remove cold and/or wet clothes and replace with dry clothes or blankets Wrap athlete in multiple layers Refer to emergency room
FROSTBITE/ FROSTNIP <i>Freezing of body tissues</i>	<ul style="list-style-type: none"> Most easily affects fingers, toes, cheeks, and nose Greyish, bluish, or yellowish tint to affected area Rigidity in digits No skin "rebound" (if you pinch the affected area and it does not return to normal or takes an excessively long time) No capillary refill (if you pinch affected area and blood does not appear to return to the area) 	<ul style="list-style-type: none"> Wear layers Know if any of your athletes suffer from Raynaud's Syndrome* Allow athletes to wear Hot Hands hand and foot warmers 	<ul style="list-style-type: none"> Gently warm by blowing on affected area or placing against warm body part DO NOT rub affected area Do not warm tissue, expose it to cold weather and then rewarm. Warming and rewarming tissue can cause excessive, secondary damage Medical attention may be required
COLD-WEATHER INDUCED ASTHMA	<ul style="list-style-type: none"> Wheezing Coughing Difficulty breathing Tightness in chest 	<ul style="list-style-type: none"> Wear Layers Cover mouth and nose to allow inhaled air to become warmed before entering lungs 	<ul style="list-style-type: none"> Remove athlete from cold weather Administer inhaler Keep athlete calm and remind him/her of proper breathing techniques



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