

Weather-Ready Coaching



Extreme Cold & Wind Chill

Coaching outdoors in the cold means knowing how to keep participants safe when temperatures drop. Cold, wind chill, and inadequate or wet clothing can quickly lead to frostbite and hypothermia.

Understanding the weather helps coaches to spot risks, plan ahead, and act quickly to keep everyone safe.

Be Prepared



Check ahead

Set up **custom alerts**, and check the temperature, and wind chill on the WeatherCAN app before planning outdoor activities.



Choose your gear

Share a start-of-season clothing checklist. Ask participants to wear wool or synthetic layers, a waterproof or wind resistant shell, limit exposed skin, and pack extra dry gear.



Be aware

Watch for early signs of hypothermia and frostbite like numbness, white or waxy skin, intense shivering, tiredness or confusion.



Have an emergency plan

Review your **Emergency Action Plan (EAP)** and keep a ready-to-use emergency kit nearby with essentials for cold-weather injuries.

Monitor

Wind makes cold feel colder- this is the wind chill. It tells you how fast frostbite can happen. Watch for extreme cold weather alerts and special statements.

Exposure Risk	Wind Chill	Wind Chill Safety Risks
Low	0 to -9	Slight increase in physical discomfort.
Moderate	-10 to -27	Risk of hypothermia and frostbite if outdoors for long periods of time without adequate protection.
High	-28 to -39	Any exposed skin can freeze in 10 to 30 minutes.
Very High	-40 to -47	Any exposed skin can freeze in 5 to 10 minutes.
Severe	-48 to -54	Any exposed skin can freeze in 2 to 5 minutes.
Extreme	-55 or more	Any exposed skin can freeze in less than 2 minutes.

Take Action

Modify



Shorten sessions, lower intensity, or add breaks when temperatures drop or wind chill rises. Check your sport's Code of Safety for more guidance.

Reschedule



Move activities indoors or be ready to cut short or cancel outdoor activities when wind chill levels reach -40 and below.

Stay dry



Wet gear pulls heat from the body fast. Have participants change out of damp clothing right away.

Observe



If you suspect frostbite or hypothermia, stop the activity, move to a warm place, follow proper [steps to treat cold injuries](#), and seek medical help for moderate or severe symptoms.

Seek shelter



Use buildings or wind-sheltered areas and take more indoor breaks.

This project was undertaken in partnership with the Government of Canada.

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Download the WeatherCAN app or visit Canada.ca/weather for local, up-to-date weather information in Canada.

