

Sample Cold Weather Preparedness Guide

- Check the temperature prior to outdoor activity.
- Implement your school board's Cold Weather Action Plan in advance to ensure you address safety concerns when it is cold or when the wind chill is significant.
- Communicate to students:
 - Dress warmly. For example:
 - Dress in layers with a wind resistant outer layer
 - When it is cold, wear a hat (a large portion of body heat is lost from the head), mittens or insulated gloves and something to keep your face warm, such as a scarf, neck tube or face mask
 - Wear warm and waterproof footwear
 - When it is very cold or when the wind chill is significant, cover as much exposed skin as possible.
 - Stay Dry
 - Wet clothing chills the body rapidly
 - Remove outer layers of clothing or open coat if sweating.
 - Keep Active
 - Walking or running will generate body heat.
- Watch for signs of frostnip, frostbite, hypothermia.