

# APDL Team Cold Weather Policy and Traveling During Winter with Minors

Guidelines and Best Practices

## Introduction

Traveling during winter presents unique challenges, especially when minors are involved. To ensure safety, comfort, and efficiency, it is paramount that teams adhere to a comprehensive cold weather policy. This document outlines the key aspects of such a policy, as well as practical tips and guidelines for traveling with minors during the colder months. One of the critical factors influencing the decision to proceed with or cancel travel plans is temperature. Extreme cold can pose significant risks to travelers, including hypothermia, frostbite, and vehicle malfunctions. Determining the appropriate temperature thresholds for canceling travel is essential for safeguarding the well-being of all travelers. In this document, we will explore the factors that influence these decisions, recommended temperature thresholds, and alternative measures to ensure safety during winter travel.

## Criteria for Canceling Travel Due to Cold Weather in Winter

Understanding Temperature Thresholds and Safety Measures

### WeatherCAN

Use the WeatherCAN App to determine Temperature and Windchill - [Download](#)

Use the AMA Road Report to determine highway conditions - [here](#)

## Factors Influencing Travel Decisions in Cold Weather

Several factors contribute to the decision-making process when considering travel in cold weather. Understanding these factors is crucial for making informed decisions that prioritize safety.

### 1. Temperature and Wind Chill

While the ambient temperature is a primary consideration, wind chill can significantly impact the perceived temperature and the risks associated with cold weather. Wind chill is the perceived

decrease in air temperature felt by the body due to the flow of air. It can exacerbate the effects of low temperatures, making conditions feel much colder than they are.

## 2. Road Conditions

Cold weather often leads to hazardous road conditions due to snow, ice, and reduced visibility. Icy roads can increase the risk of accidents, making travel dangerous. Assessing road conditions and the effectiveness of snow and ice removal efforts is essential.

## 3. Duration of Exposure

The length of time travelers will be exposed to cold temperatures is another critical factor. Prolonged exposure increases the risk of hypothermia and frostbite, especially if travelers are not adequately equipped with appropriate clothing and emergency supplies.

## 4. Availability of Shelter and Support

Access to shelters, warming stations, and support services along the travel route can influence the decision to cancel travel. In remote areas where such facilities are limited, the risks associated with cold weather travel are higher.

# Recommended Temperature Thresholds for Canceling Travel

While specific temperature thresholds for canceling travel can vary based on individual circumstances and local guidelines, the following general recommendations can serve as a guide:

### 1. Ambient Temperature below -25°C (-13°F)

When the ambient temperature drops below -25°C (-13°F), the risk of hypothermia and frostbite increases significantly. Travel cancellations should be strongly considered, especially for long-distance trips or when traveling with vulnerable individuals, such as children.

### 2. Wind Chill below -30°C (-22°F)

Wind chill can make conditions feel much colder than the actual ambient temperature. If the wind chill factor drops below -30°C (-22°F), the risk of frostbite on exposed skin can occur within minutes. Travel should be postponed or canceled under such conditions.

### 3. Combined Factors

In some cases, a combination of factors, such as temperatures around -15°C (5°F) with high winds, poor road conditions, and limited access to shelter, may warrant canceling travel. It is essential to consider the overall context and not rely solely on temperature readings.

## 4. APDL Competition Cancellations due to Cold Weather

APDL Competitions will be cancelled by the ASA office if one of the conditions listed are met at the competition location.

1. Ambient temperature is -25 degrees C or less.
2. Wind chill is -30 degrees C or less.
3. Ambient temperature and combined wind chill is -30 degree C or less.
4. Road conditions are listed as covered (red) for 75 % of the travel

All cancellations will be communicated to the effected teams by the ASA.

Note – The final decision to travel lies with the parent/guardian of the athlete.

## 5. Preparation and Planning for travellers

- **Weather Conditions:** Regularly monitor weather forecasts and alerts. Make contingency plans for severe weather, including alternative routes and accommodations.
- **Equipment Check:** Ensure all vehicles are winter-ready. This includes checking tire tread, battery health, antifreeze levels, and wiper fluid. Equip vehicles with winter tires or chains if necessary.
- **Emergency Kit:** Each vehicle should be equipped with an emergency kit, including blankets, first aid supplies, non-perishable food, water, flashlights, batteries, a shovel, and ice scraper.

## 6. Safety Measures for travellers

- **Clothing:** Ensure all team members, especially minors, are adequately dressed in layers. This includes thermal wear, waterproof outer layers, hats, gloves, scarves, and sturdy insulated boots.
- **Travel Restrictions:** Impose travel restrictions in hazardous conditions. Avoid non-essential travel during severe snowstorms, ice storms, or when visibility is significantly reduced.
- **Communication:** Maintain regular communication with all team members. Ensure everyone has access to a charged mobile phone and emergency contact numbers.

## 7. Health and Well-being

- **Hydration and Nutrition:** Encourage regular hydration and nutritious meals. Cold weather can increase caloric needs, so ensure ample food supplies.
- **Rest Breaks:** Schedule frequent rest breaks to prevent fatigue. Use these breaks to warm up, hydrate, and switch drivers if necessary.
- **Illness Prevention:** Encourage proper hygiene to prevent the spread of colds and flu. Provide hand sanitizers and disinfectant wipes for regular use.

## 8. Training and Education

- **Winter Driving Skills:** Provide training for winter driving, including techniques for handling skids, using tire chains, and understanding winter road signs.
- **First Aid Training:** Ensure at least one team member is trained in first aid, including the treatment of hypothermia and frostbite.
- **Emergency Procedures:** Educate team members on emergency procedures, including what to do if stranded, how to signal for help, and basic survival skills.

## 9. Parental Involvement

- **Parental Consent:** Obtain written consent from parents for travel. Ensure parents are informed of the itinerary, emergency plans, and contact information.
- **Communication:** Maintain regular communication with parents, providing updates on travel progress and any changes to plans.
- **Health Records:** Carry copies of minors' health records, including allergies, medications, and immunization records.

## Alternative Safety Measures

When canceling travel is not an option, implementing alternative safety measures is crucial to mitigate risks associated with cold weather.

### 1. Emergency Response Plan

- **Contact Information:** Have a list of emergency contacts, including roadside assistance and local authorities.
- **Shelter Locations:** Identify potential shelter locations along the travel route, such as rest stops, hotels, and gas stations.
- **Emergency Procedures:** Know the procedures for dealing with vehicle breakdowns, medical emergencies, and becoming stranded.