

# 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.