



MHSAA Cold Weather Policy for Skiing (Competition & Practice)

When to Cancel or Postpone

- If a competition lasts more than one minute and the ambient temperature is -4°F or colder, the event must be canceled or postponed.
- If the ambient temperature is -20°F or colder, or the wind chill is -40°F or colder, all skiing activity must be canceled or postponed.

Key Safety Notes

- At a wind chill of -15°F or colder, exposed skin can freeze within one minute.
- At -70°F or colder, exposed skin can freeze in under 30 seconds.

Guidelines by Temperature

Temperature / Wind Chill	Risk / Concerns	Required Adjustments
$> -4^{\circ}\text{F}$ ambient	Moderate cold exposure risk.	Inspect exposed skin frequently for frostbite.
-4°F to -10°F ambient	High risk of frostbite and hypothermia.	<ul style="list-style-type: none">• Avoid metal jewelry• Use eye protection• Protect genital area• Limit exposure to less than 30 minutes.
$< -10^{\circ}\text{F}$ ambient or wind chill down to -40°F	Extreme risk.	<ul style="list-style-type: none">• No exposed skin• Wear extra layers and a wind shell• Limit pre-race exposure to less than 20 minutes• Reschedule if possible.
$< -40^{\circ}\text{F}$ wind chill	Severe or fatal risk.	Cancel or postpone all competition.

Additional Clarifications

- The “no strip rule” means athletes are not permitted to remove outer layers and must remain fully covered.
- Pre-race protocol adjustments include all pre-competition activities (warmups, staging, and waiting) and must be shortened in severe cold.
- This policy applies to both competition and practice — safety takes priority over scheduling.