

CANMORE NORDIC SKI CLUB COLD WEATHER GUIDELINES

Cut-off air temperatures for training sessions measured/estimated 1 hours before the start of the session (Environment Canada).

Track Attack and younger: -15C

Train to Train (TT): -20C (intensity training only up to -15C)

Learn to Compete (LC) and older: -23C (intensity training only up to -20C)

IMPORTANT:

- Coaches will consider reducing the duration of the session when the air temperature is close to the above cut-offs.
- Coaches need to consider windchill when skiers are young or beginners.
- When it's cold and windy, coaches need to bring groups quickly into the forest sheltered from the wind. If coaches judge that their group of skiers will take longer than 5 minutes to get sheltered from the wind, then windchills need to be considered in the above cut-off temperatures.
- Sessions will be held closer to the lodge or other heated building when it's cold and/or windy.
- Always use windchill for ski lessons or other sessions that are held in the open, like stadiums.
- Check that participants have appropriate clothing. Do not accept participants in a session if they are not dressed for the weather.

TIPS:

- Don't be afraid to wear extra clothing. Vests and toques are an important addition, and it may also be reasonable to wear two layers of synthetic (polyester) underclothing.
- Using a Buff, balaclava or neck tube will reduce the exposure of the cold on the ears, chin, neck, and face.
- In order to reduce the possibility of frostbite, participants should try using Leukotape or KT tape on exposed skin like cheeks and nose.
- Creams, lotions and jellies can reduce the direct exposure of the skin to the air. However, to be effective they must not have a water base.
- It's a good idea to wear mitts when it's cold. Hand or toe warmers also help.
- Male athletes should always consider wearing windproof underwear, especially when wearing lycra.