
OUTDOOR ACTIVITIES DURING INCLEMENT WEATHER

Wind Chill Hazards

Wind Chill Celsius	Description	Health Concern	What To Do
0 to -10	Low	- Slight increase in discomfort	- Dress warmly, with the outside temperature in mind.
-10 to -25	Moderate	- Uncomfortable - Exposed skin feels cold - Risk of hypothermia if outside for long periods without adequate protection	- Dress in layers or warm clothing, with an outer layer that is wind-resistant. - Wear a hat, mittens and scarf. - Keep active.
-25 to -45	Cold	- Risk of skin freezing (frostbite) - Check face and extremities (fingers, toes, ears, and nose) for numbness or whiteness - Risk of hypothermia if outside for long periods without adequate protection	- Dress in layers of warm clothing, with an outer layer that is wind-resistant. - Cover all exposed skin, particularly your face and hands. Wear a hat, mittens and a scarf, neck tube or facemask. - Avoid exposing the skin directly to the wind. - Keep active.
WARNING LEVEL* -45 to -59	Extreme	- Exposed skin may freeze in minutes - Check face and extremities frequently for numbness or whiteness (frostbite) - Serious risk of hypothermia if outside for long periods	- Be careful. Dress very warmly in layers of clothing, with an outer layer that is wind-resistant. - Cover all exposed skin, particularly your face and hands. Wear a hat, mittens and a scarf, neck tube or facemask. - Limit outdoor activities to short periods. - Be ready to cut short or cancel outdoor activities. - Keep active.
-60 and Colder	Extreme	DANGER! - Outdoor conditions are hazardous - Exposed skin may freeze in less than two minutes	- Stay indoors.

In Lord Selkirk School Division, all outdoor activities for students will be cancelled when Wind chill temperatures fall below -27 degrees Celsius.

Source: Board

Date: Reviewed June 2011

Verification