

# Sample Cold Weather Preparedness Guide

- Check the temperature prior to outdoor activity.
- Implement your school division's Cold Weather Action Plan in advance to address cold weather and wind chill significant safety concerns.
- Communicate to students:
  - Dress warmly. For example:
    - Dress in layers with a wind resistant outer layer.
    - Wear a tuque (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.
    - Avoid sweating. Loosen restrictive clothing or open coat to allow the body temperature to regulate.
  - Keep Active
    - Walking or running will generate body heat.
- Watch students for signs of frostnip, frostbite, or hypothermia.
- Identify possible emergency shelters which may provide wind or cold breaks.