



Skijammers Cold Weather Tips & Information:

Cold Weather is commonplace in Minnesota during the months of December, January and February. In an effort to make sure that both you and the participants in Skijammers have a safe and productive day in cold weather please consider the following.

With your Group

- Make sure to check each child's clothing paying close attention to exposed skin and insulation in Pants, Jacket, and Gloves or Mittens.
- Check with directors for Lost and Found Items to cover skin or ask the Directors to purchase a neck gaiter, balaclava, or proper mittens or gloves for a student without.
- In the morning take two runs and go inside (Even if the group feels good)
- Do not stand around and talk on the hill. Establish your goals and plan inside.
- Run your groups near chalet space so that you're never more than 1 lift away from the chalet.
- Constantly check your students for any sign of hypothermia or frostbite. (bottom of the run and top of the lift)
- Keep your group together the ENTIRE day. There will be no free skiing or riding.
- At the end of the day, please walk your entire group to the bus loading area and assist them in getting their skis or snowboards into their bags and bus trailers.

If you have any questions about facilitating a group in cold weather conditions please talk to the Director Staff and always err on the side of caution.

Hypothermia and Frostbite

Watch for frostbite (pale skin on exposed flesh) and Hypothermia.

Symptoms of Frostbite

- Tingling (pins-and-needles) feeling in area
- Numbness and loss of sensation to touch
- Area may feel hard to the touch
- Blisters on the skin may appear
- White tint or pale, even marbled-looking colored skin that can look waxy
- Absence of pain in affected area
- Slurred speech, memory loss

Symptoms of Hypothermia may include

- Shivering
- Blue tint to skin color
- Poor coordination
- Slowing pace in walking or other activities
- Increasing numbness and loss of dexterity
- Dazed or confused look and actions
- Slurred and slow speech and slow to respond to questions
- Dilated pupils
- Hallucinations
- Decreased attention span and changes in personality

Most cold weather fatalities are caused by hypothermia, a rapid, drastic lowering of body temperature which causes loss of the use of limbs, disorientation, unconsciousness and, finally, heart failure.

Generally, in mild cases of hypothermia first aid procedures consist of shelter, dry clothing and, only if victim is conscious and alert, hot liquids. Insulate the victim's trunk, head and neck from additional heat loss. Alert Ski Patrol and Skijammers Directors Staff and get treatment as soon as possible, even if signs of hypothermia are no longer evident.

How to Dress

While we can control what we wear, we are at the mercy of the parents of our students to make sure that their kids are dressed appropriately. Most of your body heat is lost through your head and neck. Wear a helmet (preferable) or a hat at all times. Layering clothing makes it easier to remove or put clothes back on if you get too warm or too cold. The outside layer should be a windproof and waterproof jacket or down-filled coat. Bring extra dry clothes and socks in case you get wet.

Additional Tips:

- Don't over-tighten boots
- Wear a skull cap under your helmet
- Wear long underwear and many layers of clothing
- Use Vaseline or Warm Skin on your face
- Wear Mittens or polypropylene liners under your gloves
- Wear face protection (Balaclavas)
- Keep moving
- Change out of wet clothes immediately