

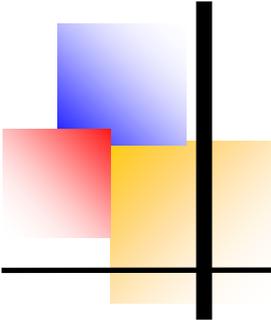
# 2019 Winter Games

***Special Olympics***  
*Indiana*



## Weather Plan

Special Olympics Indiana  
January 13 - 15, 2019  
Lawrenceburg, IN



# 2019 WINTER GAMES

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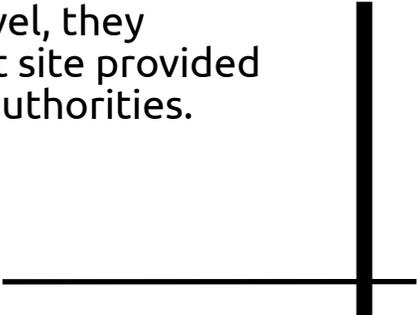
## Weather Policy

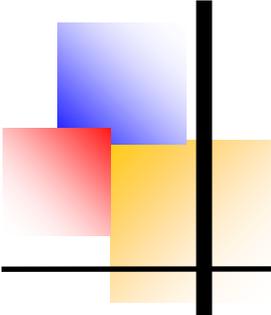
Special Olympics Indiana's number one priority is the safety and well being of athletes, coaches, and volunteers. Therefore, we ask that County Coordinators use their best judgment when bad weather endangers or prohibits safe travel to and from events, as well as athlete participation during events. Beginning 24 hours before a scheduled event, county coordinators, coaches, chaperones, and families can call the Special Olympics Indiana Weather Hotline for the latest update on the status of an event if weather issues are a concern.

Toll Free: (800) 742-0612 ext. 200  
Local Indianapolis: (317) 328-2000 ext. 200

The Event Director or Sport Management Team may cancel, delay, or change the event in the case of extreme weather or other conditions that may affect the safety and health of the participants. If the weather is severe enough for Special Olympics Indiana to cancel an event partially or entirely, the event will **not** be rescheduled. When inclement weather interferes with an event, Special Olympics Indiana may provide credit for entry fees at future events when possible.

Please keep in mind that weather conditions at the competition site may differ from weather in local areas. If a County Program decides not to attend an event because weather in their region interferes with safe travel, they should call the local phone number at the event site provided in the *Coaches Handbook* to notify the games authorities.





# 2019 WINTER GAMES

## How to Dress for Different Temperatures

### 40° and above:

- TORSO - Turtle neck or T-Shirt, plus wind shirt or light jacket.
- LEGS - Pants only
- HEAD/FACE - Light hat or none
- HANDS - Light gloves or liners
- FEET - Light socks
- *Put lift ticket on a garment that will not be removed!*



### 28° and 39°:

- TORSO - Turtle neck or shirt plus medium parka or jacket
- LEGS - Long johns and pants, or pants and warm-ups, or bib ski pants
- HEAD/FACE - Light or medium hat
- HANDS - Medium gloves or wool mittens
- FEET - Light socks

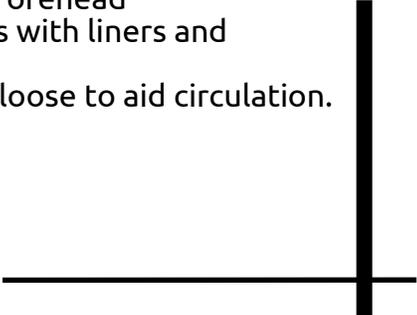
### 15° and 27°:

- TORSO - Turtle neck, light sweater and medium to heavy parka or jacket
- LEGS - Thermal long johns and heavy pants, or medium pants and warm-ups, or thermal bib ski pants
- HEAD/FACE - Medium to heavy hat
- HANDS - Heavy gloves or wool mittens with liners
- FEET - Medium socks

### 5° and 14°:

- TORSO - Turtle neck, shirt, light sweater or vest, plus heavy parka or jacket
- LEGS - Heavy thermal long johns, heavy pants and warm-ups, or heavy thermal long johns and bib ski pants
- HEAD/FACE - Heavy tight-knit hat that covers ears and forehead
- HANDS - Heavy gloves or wool mittens with liners
- FEET - Wool socks

### 5° and below:

- TORSO - Thermal undershirt, turtle neck, shirt, heavy sweater or vest, plus heavy parka or jacket
  - LEGS - Heavy thermal long johns, heavy pants and warm-ups, or heavy thermal long johns and bib ski pants
  - HEAD/FACE - Heavy tight-knit hat that covers ears and forehead
  - HANDS - Heavy gloves with liner or heavy wool mittens with liners and windproof shell
  - FEET - Wool socks, boot muffs-if available. Keep boots loose to aid circulation.
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**\*\*\*SPECIAL NOTES\*\*\***  
**If windy, add another layer to torso.**  
**No exposed flesh on head.**  
**Add hood to parka if available.**

### **Wind Chill:**

Wind Chill is the combined effect of wind and temperature on exposed flesh expressed as an equivalent to temperature in still air. Wind CAN wick warmth from loose-knit clothing, and wind or the movement of air from skiing will also affect your exposed face. To negate the effect of wind, wear outer garments with a windproof fabric and wear a facemask, or protect your face with a scarf, neck gaiter and goggles.



### **Skiing in the Rain:**

Contrary to popular belief, rain does not ruin skiing. In fact, some of the most enjoyable snow surfaces occur while it is raining or just after. In addition, you do not have to worry about the cold frozen snow.

A wide choice of wet weather gear including pants and jackets with hoods are readily available. In a pinch, use a large plastic trash bag. Cut a hole in the bottom and slip over your head. The next time it rains, dress appropriately then see for yourself how great the skiing conditions can be!

## **Tips on How to Beat Old Man Winter**

There are a lot of challenges to tackling ski trails. Sometimes there are a lot of challenges to tackling *OLD MAN WINTER*, but here are some tips on how to beat the old fellow:

- **LAYERS=WARMTH:** Wear as many layers as you can. When you bend over, be sure you do not come un-tucked at the waist. Loose clothing assists circulation. Wear neck gaiters or scarves on neck.
- **YOUR HEAD:** Your head is an escape valve for more than 50% of your body heat. Keep your head and ears covered by a warm cap. Remove metal earrings.
- **YOUR FACE:** Your face should also be protected. Use skin salve to give face protection from the wind. Use a face mask or pull scarf up over mouth and nose. Goggles help keep eyes from watering. You will be amazed how much warmer and comfortable you will feel. Protecting your face can make a big difference in how you feel and how much you enjoy!
- **YOUR HANDS:** Your hands may be better protected by mittens than gloves. Glove liners help. Cover wool mittens or wool gloves with a shell. Remove metal rings and bracelets.
- **YOUR FEET:** Wool socks are warm and they absorb moisture. Be sure you can wiggle your toes in your boots to keep circulation moving. Keep your boots looser than normal to aid circulation.

## TIPS CONTINUED

- **YOUR BODY:** Your body will be warmer if you do some exercises before you get on the lift and immediately after you get off the lift. Jump up and down. Swing your arms. Clap your hands. Stamp your feet. Make a game of getting your blood moving - your skiing will be better for it too. Go inside frequently to warm up.
- **EAT A HEARTY BREAKFAST AND LUNCH:** You will need plenty of high energy foods because you burn up more calories in the cold. Replenish this energy (body heat) periodically during the day. Drink plenty of fluids. Dehydration will impair your body's ability to generate heat.
- **SNACK FREQUENTLY:** Candy, cheese, cookies, hot chocolate, coffee, or tea with sugar, high energy foods, consumed between meals is important to keeping warm. Chances are you will not gain an ounce.
- **KEEP AN EYE ON CHILDREN:** Make sure they are extra bundled up.



***NOW THAT YOU HAVE OLD MAN WINTER UNDER CONTROL...HAVE A MARVELOUS TIME!***