MSHSL’s Current standard for Nordic Skiing

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| Blue | <-4 degrees F - (Ambient Temperature) | FIS\*\* — No competition limit. Severe frostbite and hypothermia risk. No metal jewelry. Eye protection for frostbite. Windscreen for genitalia. Cancel events which are > 1 minute in duration or produce speeds > 10 MPH or if wind is > 10 MPH. |
| Black | < -20 degrees F - (Ambient Temperature) or < -40 degrees F wind chill | Recommended lower limit for practice and training. Extreme frostbite and hypothermia risk. No exposed skin. Extra layers. Wind shell for entire body.  |

MSHSL’s Standard for Alpine Skiing

> -3 degrees F – (Ambient Temperature) No competition limit. Check for frostbite on exposed skin.

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|  | -4 degrees F - (Ambient Temperature) to-10 degrees F – (Ambient Temperature) | No competition limit. Severe frostbite and hypothermia risk. No metal jewelry. Eye protection for frostbite. Windscreen for genitalia. Modify pre race protocol to limit athletes’ cold exposure to <30 minutes in duration total time. |
|  | < -10 degrees F - (Ambient Temperature) or -40 degrees F wind chill  | Recommended lower limit for practice and training. Extreme frostbite and hypothermia risk. No exposed skin. Attempt to reschedule event. If competition cannot be rescheduled, a no strip rule will be enforced with all competitors wearing extra layers that include a wind shell for entire body. Modify pre race protocol to limit athletes’ cold exposure to <20 minutes in duration total time. |

< -40 degrees F wind chill Postpone/cancel competition

