

MSHSL's Current standard for Nordic Skiing

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 Current standard for Alpine Skiing

≥ -3 degrees F – (Ambient Temperature)	Check for frostbite on exposed skin.
-4 degrees F - (Ambient Temperature) to -10 degrees F – (Ambient Temperature)	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



NWS Windchill Chart

