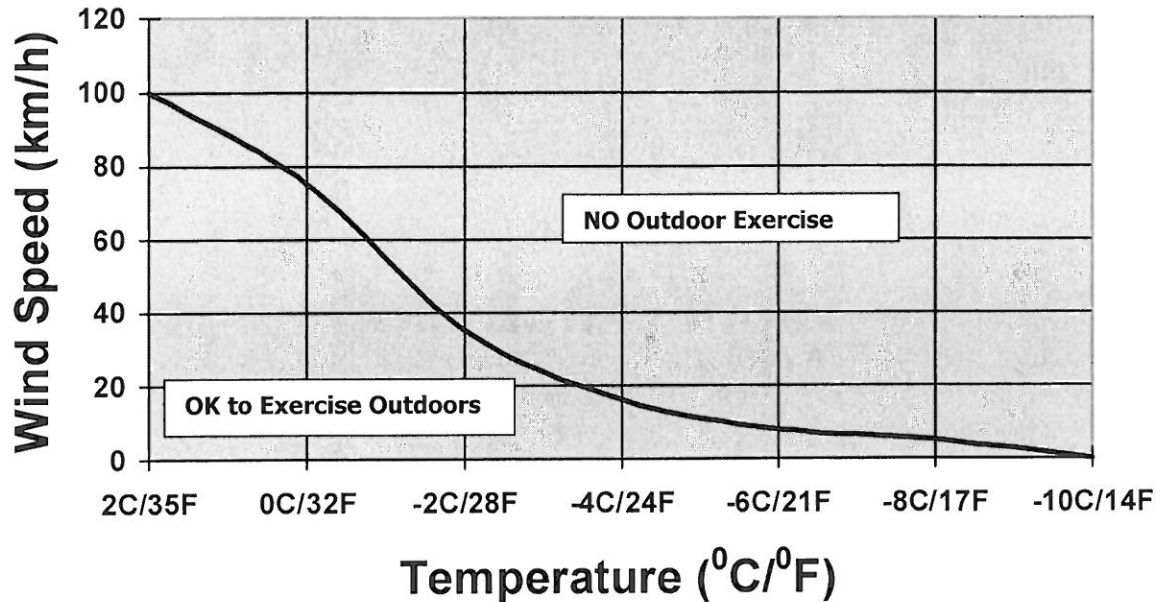


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## Cold Safety Index



**DO NOT EXERCISE OUTSIDE** when temperature is below - 10<sup>0</sup>C/14<sup>0</sup>F.

**STOP** exercising if you get symptoms of angina.

**WEARING** a scarf around your nose and mouth may help to reduce the chance of developing angina.

For more information regarding exercising in the cold, please refer to pages 291 to 297 in Dr. Kavanagh's book, *Take Heart*.

Here are ways you can find the temperature and wind speed for the day:

*Telephone:* Environment Canada 416-661-0123

*Television:* The Weather Channel, CP24 Channel

*Internet:* [www.weather.com](http://www.weather.com)

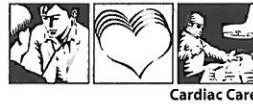
From: Kavanagh, T. (2004). *Take Heart*. Key Porter Books: Toronto

# Tips for PHYSICAL ACTIVITY and EXERCISE in the COLD

- Check the COLD SAFETY INDEX to determine if it is safe to exercise outdoors.
- Consider the presence or absence of SUNSHINE, WIND and WET conditions which can significantly affect the temperature outdoors.
- SUNSHINE can add an additional 7°C/13°F to the temperature.
- WINDCHILL can significantly decrease the temperature and thus, the wind speed is an important component of the cold safety index.
- WET CLOTHING is the greatest threat to maintaining body temperature and preventing hypothermia.
- Wear LAYERS OF CLOTHING to trap air and provide insulation.  
LAYER 1 – polyester, polypropylene, silk or wool undershirt (not cotton)  
LAYER 2 - loosely-woven wool or synthetic or cotton-mix sweater.  
LAYER 3 – tightly-knit wool, wool/cotton or synthetic fiber such as a fleece or track suit top  
LAYER 4 – wind and water resistant layer
- If possible, upper body garments should have ZIPPERS or BUTTONS so that they can be loosened at the neck if the body overheats, or closed up if chilling occurs.
- Wear DARK OR COLORED OUTER GARMENTS as they conserve heat.
- Wear polyester LONG UNDERWEAR or pantyhose underneath your pants for an extra layer of warmth if needed.
- Wear SOCKS made of a wool/cotton or ribbed synthetic material.
- Hands are best protected by wool or fleece MITTENS, not gloves.



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- Wear a wool or fleece HAT on your head to prevent heat loss. It should pull down over your ears to protect them from frostbite.
- RUNNING SHOES are still the preferable choice for exercising outdoors.
- If breathing the cold air is uncomfortable and brings on symptoms of angina, cover your mouth with a WOOL OR FLEECE SCARF or a mask so that the air you breath is warmed and kept moist.
- Choose a WALKING ROUTE that never leaves you more than 10 minutes from home in case the weather deteriorates.
- Take care on uneven or slippery surfaces or in the wind. You may need to SLOW YOUR PACE as these conditions can increase the effort required. Check your heart rate and your RPE and ensure you are staying in the appropriate ranges as prescribed by your exercise therapist.
- EXERCISE IN THE MID-DAY if possible when the temperature is typically at its warmest.
- Avoid walking on ICY OR SNOW-COVERED SURFACES. Try to exercise after the sidewalks have been cleared. If you are walking on a slippery surface, it is safer to slow your pace and take shorter strides.
- DRINK WATER! Cold air suppresses the sense of thirst so you can't rely on thirst as an indicator. Sweating still occurs with exercise in the cold and you can become dehydrated.
- Consider INDOOR EXERCISE ALTERNATIVES when it is unsafe to exercise outside.

**For more information regarding exercising in the cold, please refer to the chapter on Exercise Do's and Don'ts in Dr. Kavanagh's book, TAKE HEART.**