



- **Layers:** Choose lightweight materials, perhaps a long-sleeved shirt and base-layer pants to provide warmth without limiting mobility.
- **Keep moving:** When on the field try and keep players moving. Adrenaline will keep them warm, and focused, when they might otherwise wish they were inside.
- **Bundle up off the field:** When players aren't in the game but on the sidelines instead, they should be encouraged to bundle up until they re-enter the game. This may include mittens they can temporarily wear over their football gloves, and parkas and winter coats.
- **Stay hydrated:** Dehydration can accelerate heat loss in brisk weather, and kids might think that because it's cold they don't have to be hydrated which, of course, is not true. Therefore, encourage players to be drinking fluids during chilly games and practices.

Here are some clothing and equipment suggestions that can help make playing in cold weather more enjoyable (and bearable.)

- First off, every child **MUST** wear a hat when they play outdoor flag football.
- Warm [socks](#) that are designed for cold weather are a vital part of your child's uniform during winter flag-football.
- Wearing the correct gloves is very important. These type of [gloves](#) are warm yet light. They are good on their own for playing and can be the first layer under heavier gloves when not playing.
- When on the sideline, or in the huddle, having a [football hand warmer](#) keeps your hands ready to throw, catch, and pull flags.
- On the colder days, many parents and children also have these [personal hand warmers](#) inside their gloves and even in their shoes.