

KR in Cold Weather

Remaining safe while LARPing in the winter is crucial due to the unique challenges posed by cold weather conditions. Potential hazards such as frostbite, hypothermia, low visibility due to snow storms, and slippery/icy surfaces can impact your overall enjoyment and ability to participate in the event.

By prioritizing safety, you can fully immerse yourself in the experience, enjoying the creativity and camaraderie of the game without compromising your own well-being.

Your safety is our top priority. We urge everyone to stay home if you feel that participating in outdoor activities could put you at risk for injury or worse due to cold or inclement winter weather. The harsh conditions can lead to serious health concerns and can also increase the risk of accidents. Remember, the goal is to have fun and enjoy the experience, and that should never come at the cost of your well-being. Stay safe, and we look forward to seeing you when conditions improve!

Before Game

Check the Weather

- Always monitor the forecast leading up to the game. Be aware of temperature fluctuations, wind chill, and precipitation, as these factors can significantly impact your comfort and safety during the game.

What to Pack

- Water and High-Energy Snacks: Hydration is crucial, even in cold weather. Pack water, meals, and high-energy snacks like nuts, energy bars, or dried fruit to keep your energy levels up.
- Extra Clothing: Include a change of clothing, such as socks, underwear, and base layers. This ensures you can stay dry and comfortable if you get wet.
- Hand/Boot Warming Packets: These are essential for keeping extremities warm. Place them in your gloves and boots before the game starts.

At Game

What to Wear

- **Base Layers:** Use moisture-wicking fabrics to keep your skin dry. Look for materials like polyester or merino wool that wick moisture away from the body.
- **Insulating Layers:** Opt for wool, polyester, or fleece to retain body heat. These materials trap warmth while allowing moisture to escape.
- **Outer Layers:** Choose heavy waterproof or water-resistant outward such as a cloak to protect against wind and precipitation. Avoid cotton, as it retains moisture and can lead to chilling.
- **Thick Socks:** Wear insulated socks that fit comfortably within your boots to prevent cold feet.
- **Accessories:** A winter hat, gloves, mittens, or a warm jacket can be added as necessary. Prioritize safety and warmth over aesthetics. Your safety is more important than atmosphere.
- **Footwear:** Invest in waterproof, insulated boots that provide both warmth and traction to prevent slips.

What to Do

- **Stay Hydrated and Nourished:** Drink water regularly and eat at least 2 meals a day. Have snacks to maintain energy. Plan for frequent breaks to rest.
- **Sleep:** Getting enough rest is also important to maintaining your health at game. Try to get at least 6 hours of sleep.
- **Manage Layers:** Adjust your clothing as needed. If you begin to overheat, remove layers to prevent sweating, which can lead to rapid cooling.
- **Weapons Checks:** Regularly check your weapons and ensure your swings are controlled. Remember that foam materials can become harder in cold weather.
- **Icy Conditions/Snow Storms:** If you feel that you cannot walk around the property without falling due to icy conditions or due to low visibility, remain in the Inn.

Understanding Hypothermia

Causes

Hypothermia arises when the body loses heat faster than it can produce it. Common triggers include:

- Inadequate clothing for the weather

- Prolonged exposure to cold conditions
- Wet clothing that accelerates heat loss
- Accidental immersion in cold water

Symptoms

Initial Signs: The body starts to shiver as a natural defense against cold. Look for signs such as:

- Shivering
- Slurred speech or mumbling
- Slow, shallow breathing
- Weak pulse
- Clumsiness or lack of coordination
- Drowsiness or low energy
- Confusion or memory loss
- Loss of consciousness

When Shivering Stops: In the late stages of hypothermia, the body's ability to shiver drops significantly, as energy reserves are depleted and core temperature drops. If you stop shivering without having addressed what is causing you to be cold it is a critical sign of worsening hypothermia and requires immediate medical attention.

Treating Hypothermia

- Get to a warm environment: Move indoors or to a sheltered area.
- Remove wet clothing: Replace with dry, insulated clothing to retain body heat.
- Drink a warm beverage: Drink a non-caffeinated drink to help warm you up from the inside.
- Use blankets or sleeping bags: Wrap yourself in warm layers to trap heat.
- Avoid direct heat: Do not use hot water or heating pads, as rapid warming can cause shock.

Prevention Strategies

COLD Principle:

- **Cover:** Wear a hat to retain heat, and opt for mittens to keep hands warm.
- **Overexertion:** Avoid excessive physical activity that causes sweating.
- **Layers:** Use loose-fitting, layered clothing. Ensure outer layers are tightly woven and water-repellent.
- **Dry:** Change out of wet clothing immediately to prevent heat loss, especially from hands and feet.

Understanding Frostbite

Frostbite occurs when living tissues freeze, often affecting extremities. Symptoms range from mild redness and numbness to severe cases involving skin discoloration and blood flow obstruction.

First Aid for Frostbite

- **Immediate Action:** Get out of the cold and remove wet clothing. Wrap affected areas in warm blankets.
- **Call for a Safety Marshal:** Ask another player or friend to go to Logistics to get a Safety Marshal to help and assess what your needs are to rewarm the area. Do not attempt to rewarm

After Game

Post-Game Routine

- **Unpack and Dry:** As soon as you return home, unpack your gear and dry everything to prevent mold and odors.
- **Rest and Rehydrate:** Take time to rest, drink plenty of water, and eat a nutritious meal to replenish energy stores.