

Project brief



AYSO Region 803 Weather Policy & Safety Plan

General Policy

Always assume practices and games **ARE ON** unless you hear from your coach, or until a cancellation is posted or communicated via email. Safety and Risk Management must be addressed for regularly scheduled games, practices, and special events. Certain weather conditions can pose a risk.

Some of the most common severe weather conditions are:

- Heavy Rain / standing water
- Hot weather – risks of dehydration, heat exhaustion or heat stroke, sunburns
- Thunder and lightning storms
- Tornado Watch / Warning
- Poor air quality due to wildfires or air pollution
- Cold weather – hypothermia

Halting Games

Regional Decision Making

- Region play **may** be halted at the discretion of the Regional Board Members when the conditions noted within this document are observed.
- **AYSO Region 803 adheres to the [AYSO National Guidelines](#) on severe weather**, however, the region may cancel games due to any conditions making play dangerous or impractical.
- Please note that game status is subject to change and cancellation updates may not be posted on the website or our facebook page in time for your game. We should always have the latest information posted and will do our best to communicate cancellations or have them posted on our website and social media sites.
- At field locations any coaches, referees, and/or region board members concerned about conditions should contact the Area Director or Regional Safety Director to discuss potentially halting games due to severe weather conditions.

Role of the Parents

- It is important to note parents always have the right not to allow their child to practice/play for any reason, including weather conditions.
- The region will make efforts to provide guidance and information, but ultimately it is the parent's responsibility to prepare their children for the weather conditions, monitor their child/ren during and after activities and make the decisions appropriate for their child/ren.
- Parents should ensure adequate sunscreen, hydration, and clothing are utilized by their children based on weather conditions. Consider additional water, sun shades and fans in high temperatures.

In the Event of Injury:

- First Aid and Resources available at the Concession Stand.
- If qualified to do so, apply CPR and First Aid, if necessary, until medical staff arrives.
- For more severe injuries, contact emergency medical services by dialing 9-1-1.
- See Injury Safety Document for more information on common soccer and weather-related injury management.

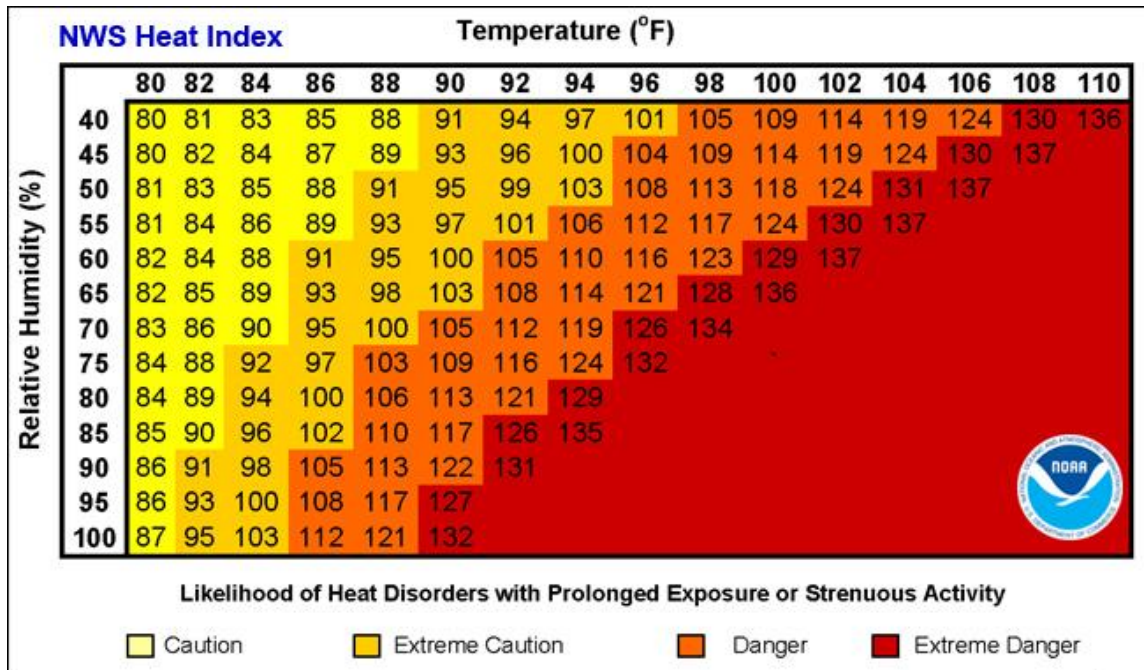
Specific Weather Situations

Rain

- Games will not automatically be cancelled because of rain.
- The region will check field conditions before and during games and is prepared to stop or delay games if severe weather conditions cause the field to become unsafe for participants.

Hot Weather

- When temperatures and humidity rise above normal levels, the potential for risk rises. Be aware of these dangers and be prepared to stop or delay games to ensure proper hydration.
- Allow for frequent water stoppages in addition to substitution stoppages. Incidents of dehydration, heat exhaustion, heatstroke and sunburn are preventable.
- **The proper and continued hydration of players and volunteers is essential starting at least 24 hours prior to the scheduled event. Begin hydrating 2 days before game day: 3-8oz bottles of water to 1-8oz sports drink (repeat)**
- For activities lasting longer than 30 minutes in excessive heat (above 90 degrees) water breaks, approximately every 10 minutes, will help relieve the effects of heat.
- Children do not adapt to extremes of temperature as effectively as adults for the following physiological reasons (American Academy of Pediatrics, 2000):
 - Higher surface area-to-body mass ratio than adults, allowing a greater amount of heat to transfer from the environment to the body.
 - During physical activity, children produce more metabolic heat than adults.
 - Sweating capacity is considerably lower in children than adults, reducing the ability to dissipate body heat by evaporation.
- **Utilization of Heat Index for Guidelines:** The Heat Index is the “feels like” or effective temperature. As relative humidity increases, the air seems warmer because the body is less able to cool itself via evaporation of perspiration. As the index rises, so do the health risks. **Region play may be halted at the discretion of the Regional Commissioner & Regional Safety Director when the heat index reaches 96 degrees or more.** The region will utilize multiple weather sources when making this decision (www.weatherchannel.com), WeatherBug, NOAA Weather & NOAA heat index – see chart from



- Officials (referees) will add water breaks to each quarter, meaning approximately ½ way through each quarter, play should be stopped to allow **players and referees** to get water (the play clock will run continuously thru the ½).
- Referees may allow player substitutions, at their discretion, if a player on the field is showing any signs of heat related illness (heavy breathing; panting; irritability; pale skin; dry skin; cramps; nausea).
- Coaches and parents are encouraged to also be aware of these signs of heat related illness and be prepared to act on behalf of their child if needed.
- Players are encouraged to go to the touchline for water at any time it is needed, **they do not need to wait for the referee to stop play** (players should remain on the field and return to play when they are finished getting a drink).
- Sunscreen should be applied frequently by parents.
- It is recommended on hot days that parents supply wet towels, soaked in water and/or ice to be applied to players during breaks to significantly reduce heat related impacts.

Thunder & Lightning Storms

- Thunder is a direct result of lightning. If you hear thunder, lightning is close enough to strike you.
- Event administrators, the Regional Commissioner, Safety Director, or their designees, including Coach Administrator, Referee Administrator, or referees, will

have the authority, to delay the start of play, call a halt in play or suspend/terminate a game due to severe weather conditions.

- If lightning or thunder are noted in the area, games will be halted.
- Region 803 officials will consult and determine the course of action – give the “all clear” sign for games to resume, cancel the balance of ongoing games or cancel games for the day.
- **Recognize the danger and know what to do:**
 - The distance from lightning: When lightning is seen, begin counting; each 5 sec period = 1 mile
 - When thunder is heard it is within striking distance – **SEEK SHELTER IMMEDIATELY**

■ Distinguishing Between Safe and Unsafe Shelters

- **NOTE:** Remember, the time when activities are stopped is the time when people BEGIN to seek shelter. Adequate time should be allowed for them to seek shelter safely. Only the most important items should be retrieved such as purses, baby bags, car keys, etc. Delays retrieving all personal belongings raise the risk of danger

○ Safe Shelter Areas

- INSIDE a substantial building (roof AND completely enclosed walls) towards the middle of the building.
 - YMCA Sports Center
 - Player Vehicles
 - Concession Stand / Bathroom building
- INSIDE a fully enclosed metal vehicle with the windows completely closed.

○ Unsafe Shelter Areas

- Around or near all metal objects: goals, flag poles, fences, gates, high mast light poles, bleachers.

- Around or near all trees, water, open fields, high ground.
- Around, near or in small buildings, picnic shelters, concession stands, tents.

■ If Caught Out in the Open

- **NOTE:** No place outside is safe when severe weather exists. Encourage all participants to seek shelter indoors.
 - AVOID groups of people. Spread out to reduce the risk. Shield children.
 - AVOID being the tallest object.
 - Seek cover in clumps of bushes. Crouch down as low as possible and cover your head with your forearms; assist children as they will most often be frightened.
- **Do not wait for the rain to start before seeking shelter, and do not leave shelter just because the rain has ended.**
 - Games should not resume until **30 minutes have passed from the most recent recognition of either thunder or lightning**. Each instance of thunder or lightning during the period of delay will result in a reset of the 30-minute period. Note that in many cases, the initial delay will result in termination of the match because another match is scheduled on the same field.
 - We realize that in some instances, it may intuitively appear that the danger is either remote or has passed. Nevertheless, the full 30-minute waiting period shall be observed. **Nobody should gamble with the safety of our players, volunteers, and spectators.**
- **If a strike occurs to an individual:**
 - Call 911
 - you are qualified to do so, apply First Aid or CPR immediately
 - People struck by lightning do not carry an electrical charge and are safe to touch

Tornado Watch / Warning

- If there is a current Tornado Watch (conditions are high risk for tornado development) or Warning (a tornado has been sighted) all games and practices shall be cancelled, fields vacated, and proper shelter should be sought immediately.

Air Quality Issues

- The region will consult with government information for air quality issues due to wildfires or excessive air pollution.
- In addition to using weather resources the region will consult with the [WI Air Quality Map](#) for specific air quality levels and advisories.
 - **AQI 100-150:** Add one hydration break per half to be taken at the 30' and 75' or at a natural break close to the times. Players with underlying health conditions should use caution and will communicate with local CMO and each team to monitor players with complicating health issues. To make decisions in the players best interests and risk category
 - **AQI >150:** Four hydration breaks will be taken at the 15', 30', 60', and 75' or at a natural break close to the times. Restriction will be in line with local and or regional restrictions if in place
 - **AQI approaching 180-200:** Consideration for postponing or canceling with on the ground assessment with the medical team. Restriction will be in line with local and or regional restrictions if in place.
 - **AQI over 200:** Cancel or postpone all training and games

Cold Weather

- The risk of hypothermia, frostbite and injury from numbness are avoidable. Be aware of the dangers associated with cold weather and be prepared to delay or even terminate games to ensure proper protection of the players.
- Players may wear garments under the jersey. Pants may be worn under the shorts. Other items such as knit hats, gloves, etc. may be worn to protect against cold and windy weather conditions.

Contact / Roles

Role	Name
Regional Commissioner	Jessica Pederson

Role	Name
Assistant Regional Commissioner	Brian Kjesbo
Child & Volunteer Protection Advocate (CVPA)	Kylie Godfrey
Safety Director	
Coaching Administrator	Joseph Bianco
Referee Administrator	Joseph Rapienski
Other Board Members	Courtney Ricci (Treasurer), Joanna Colgan (Secretary)

Remember - The Health & Safety of our AYSO Community is our number one priority. Please play safe.