

Purpose – The health and safety of soccer players and the condition of soccer fields is a top priority for County Line Youth Soccer League. Poor weather conditions not only contribute to the damage of soccer fields, but, more importantly, inclement weather conditions can present a hazard to players and spectators. Coaches, referees, tournament and club officials have the overall responsibility for the safety of players during practices and games.

County Line Youth Soccer League adopts the following policy regarding inclement weather conditions:

1. **Lightning** – Lightning can strike as far as 10 miles from the area where it is raining or even where it is not raining. If you can hear thunder, you are within striking distance. County Line Youth Soccer League will follow the recommendation of the National Severe Storms Laboratory, which provides that athletic participation will cease when lightning is detected within 6 miles. For purposes of this policy, a 30 second flash-to-bang count will be utilized (see calculations below).
2. Practice and games will be delayed by a minimum of 30 minutes if the flash of lightning and its thunderclap occur within 30 seconds *or less* of one another. Practice and games shall not resume until 30 minutes after the last sound of thunder is heard or lightning is seen.
3. Referees and coaches shall direct players and spectators to leave the field for safe shelter, which includes their hard-top vehicles with the windows closed or some other sturdy enclosed substantial structure. (Dugouts and picnic shelters are not suitable, safe structures during a lightning storm.) While there is not a place absolutely safe from the lightning threat, some places are safer than others. The best option is a large building with electric and telephone wiring and plumbing to provide a safe pathway for the current to the ground.
4. All individuals and teams have the right to leave a site or activity, without fear of repercussion or penalty, in order to seek a safe structure or location if they feel that they are in danger from impending lightning activity.

5. In the event a game must be suspended because of conditions that make it impossible to continue play within a reasonable time on the same day, County Line Youth Soccer League shall determine the outcome of the game or if there will be a reschedule.
6. Once the game has begun, the referee may suspend the game without the concurrence of both coaches, but County Line Youth Soccer League strongly encourages a conference between the head referee and the coaches before a decision is reached. Referees shall wait in a safe location close to the site and be prepared to continue the game unless the head referee declares the game officially concluded. The determination of the outcome of any shortened game or any replay will be made by County Line Youth Soccer League
7. Prior to continuation of the game, the teams shall be afforded sufficient time to warm up as determined by the coaches. A maximum time of 10 minutes is considered sufficient.
8. If a suspension is temporarily warranted by lightning, the remainder of the game may be shortened by agreement of the coaches or ordered by the head referee.
9. If the game is suspended to another date, the referees are entitled to the full game fee. If the game is resumed on another date, the referees are entitled to a full game fee.

Facts about Lightning – Calculating Flash-to Bang

It takes the sound of the bang of a thunderclap five seconds to travel one mile, lightning flash is seen instantaneously. Therefore, for every five seconds between the flash of lightning and the bang of thunder, lightning is one mile away.

- A thirty second Flash-to-Bang count means lightning is 6 miles away.
- The average length of a lightning bolt is 3-6 miles long.
- The average speed of a thunderstorm is 25 MPH.
- Lightning can strike from a clear blue sky.

Lightning Don'ts

- Avoid isolated trees or other tall objects, bodies of water, sheds, fences, convertibles, tractors, bikes and motorcycles. Avoid leaning against vehicles.
- Avoid using shower facilities within a safe structure and do not use showers or plumbing facilities during a thunderstorm.
- Trees are not good options for shelter during a thunderstorm, especially lone or single trees.
- Do not lie flat on the ground. If caught outdoors with no shelter stay away from the tallest objects, crouch down with only the balls of your feet touching the ground. Try to minimize your body's surface area and minimize contact with the ground.
- Avoid using land line telephones except in emergency.
- Once inside a building, stay away from corded telephones, electrical appliances, lighting fixtures, radios or microphones and electric sockets and plumbing. Do not watch lightning from open windows or doorways. Inner rooms are preferable.
- Avoid large groups. Stay several yards away from other people. Don't share a bleacher bench or huddle with other players.

First Aid for Lightning Strikes

- Call 911. Get medical attention as quickly as possible.
 - If the victim has stopped breathing, begin rescue breathing. If the heart has stopped beating, a trained person should give CPR. If the person has a pulse and is breathing, address any other injuries.
 - Check for burns in two places. The injured person has received an electric shock and may be burned, both where struck and where the electricity left their body. Being struck by lightning can also cause nervous system damage, broken bones, and loss of hearing or eyesight. People struck by lightning carry no electrical charge and cannot shock other people.
2. **Ozone and PM 2.5 – Spare the Air Advisories** – Air pollution is a health risk to everyone in the Sacramento region. County Line Youth Soccer League games and practices shall be cancelled when the Air Quality Index (AQI) for ground-level ozone/PM 2.5 pollution, where practice is being held,

is 150-Unhealthy or above. Current conditions can be found at this website:
<http://www.sparetheair.com/aqirealtime.cfm>

While practices and games must be cancelled if the local AQI is above 150, coaches should avoid strenuous practices and take frequent water breaks during periods of air quality that may be unhealthy for sensitive groups (levels of 101-150). Coaches shall issue no penalty for children and families if they elect to stay home from practice or games due to health reasons.

3. **Inclement Weather – Park Closures** – County Line Youth Soccer League will follow the procedures established by the City of Galt, Galt Joint Union Elementary District, and Arcohe Union School District when it comes to park closures and game cancellations.

Director(s) of Coaching

County Line Youth Soccer League will notify their departments/members by 3pm (this is our weather deadline time to let parents/players know of any changes).

Information will be sent directly through our registration email system. You will receive notification via the primary email you registered your child with, or, the primary email you signed up to coach with.

Field closures weekend:

If we close any of the fields, you will receive an email from the County Line Youth Soccer League by 3pm Friday for the Saturday games and 3pm Saturday for the Sunday games whenever possible.

Please note – we don't send you an email announcing "practice is on".