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## Air Quality Index Alert (AQI)

Should the AQI be over 151 at the scheduled time for the game, games should be postponed, delayed, or canceled. [Airnow.gov](https://airnow.gov) can be used to check current and predicted Air Quality Index. The safety of players, coaches, officials, spectators, and others involved in the playing of games should always be prioritized.

 <p>UNHEALTHY</p>	<p>For <b>all outdoor activities</b>, take more breaks and do less intense activities.</p> <p>Consider moving <b>longer or more intense activities</b> indoors or rescheduling them to another day or time.</p> <p>Watch for symptoms and take action as needed.*</p> <p>Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.</p>
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## Adverse Weather (Storms)

A reminder that if lightning is seen or thunder is heard, play will be suspended immediately and will not resume until 30 minutes after. Any subsequent thunder or lightning\*\* after the beginning of the 30 minute count will reset the clock and another 30 minute count should begin.

If a game stoppage occurs in the second half of a game, that game will be considered final and the score at that time will be recorded as final. If a game stoppage occurs in the first half, when play resumes it will be the start of the second half.

\*\*At night, in certain conditions, lightning flashes may be seen from distant storms and in these cases, it may be safe to continue an event. If not thunder can be heard and flashes are low on the horizon, the storm may not pose a threat. Independently verify the lightning distance to eliminate any uncertainty.

Weatherbug app can be used to track lightning.

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## Heat Index Policy

If the heat index is above 105°F, no game can start, and if the heat index rises above 105°F during a game in progress, the game must be suspended until the heat index drops below that number. When the heat index is above 105°F, either (1) the game will be canceled or terminated or, (2) if an attempt will be made to complete the game that day, players, coaches and officials should wait in the shade or, ideally, in an air-conditioned area.

Please see below for additional heat index guidelines teams/officials should abide by:

Boys:

Heat Index	Clock Impact	Precaution
Up to 89°	No game changes recommended.	Observe players for signs of heat reactions. Coaches should substitute more frequently and observe players on the sideline. Players should be encouraged to remove helmets and drink extra water.
90° - 99°	Mandatory one-minute water breaks per quarter. Each quarter should be shortened by one minute. Game clock and any penalty clocks should be stopped during water breaks. Officials should remind teams there should be no coaching during water breaks.	Players should remove helmets during water breaks. In addition players should pour water on their heads and/or apply cold, wet towels to their necks in addition to drinking plenty of water.

Heat Index	Clock Impact	Precaution
100° - 105°	Mandatory two-minute water breaks per quarter. Each quarter should be shortened by two minutes. Game clock and any penalty clocks should be stopped during water breaks. Officials should remind teams there should be no coaching during water breaks.	Players should remove helmets during water breaks. In addition players should pour water on their heads and/or apply cold, wet towels to their necks in addition to drinking plenty of water. In addition, players and their parents should be reminded that players need to consume additional water after the game.

- Girls:

Heat Index	Clock Impact	Precaution
Up to 89°	No game changes recommended	Observe players for signs of heat reactions. Coaches should substitute more frequently and observe players on the sideline. Players should be encouraged to drink extra water & electrolytes.
90° - 99°	Mandatory two-minute water break per half. Each half should be shortened by two minutes. Game clock should be stopped during water breaks. Officials should remind teams there should be no coaching during water breaks.	Players should apply water to their heads and/or apply cold, wet towels to their necks in addition to drinking plenty of water & electrolytes.
100° - 105°	2 Mandatory two-minute water breaks per quarter. Each half	Players should pour water on their heads and/or apply cold, wet

	<p>should be shortened by 4 minutes. Game clock should be stopped during water breaks. Officials should remind teams there should be no coaching during water breaks.</p>	<p>towels to their necks in addition to drinking plenty of water &amp; electrolytes. In addition, players and their parents should be reminded that players need to consume additional water and electrolytes before and after the game.</p>
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## Day of Game Procedures

Home teams are responsible for communicating with away teams **and** officials for any day of cancellations. Remember that in the case of weather, games should only be canceled due to inclement weather such as thunderstorms and/or extreme heat (heat index above 105).

In the event you are unable to get a hold of the other team or officials, please reach out to the appropriate GNLL League Director or the Officials' Assignor to assist you.

GNLL Boys Director:

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[jing@greatnorthernlacrosse.com](mailto:jing@greatnorthernlacrosse.com)

608-395-5312

GNLL Girls Director:

Kathryn Knippenberg

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763-614-6123

Boys Officials' Assignor:

Harold Buck

[haroldbuck@yourassignment.net](mailto:haroldbuck@yourassignment.net)

763-544-0763

Girls Officials' Assignor:

Chuck Thayer

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651-335-3263