

# OV Toros FC: Weather Policy

## Hot Weather Policy

The risk of heat-related illness from vigorous sports activity increases with the temperature. The body generates heat which cannot be dissipated readily when the ambient temperature exceeds 85 degrees F, depending upon the humidity. Hot weather is considered at any point where the Heat Index reaches or exceeds 90. Weather app to be used will be at DOC's discretion. Coaches should follow the following procedures based on conditions:

- Heat Index up to 89°: Normal Play. Regular hydration patterns. Grass & Turf fields
- Heat Index 90°- 95°: Mandatory water breaks every 20 min. Play moved to Grass fields where / when available.
- Heat Index 96°- 99°: Mandatory water breaks every 15 min. Play on Grass fields where / when available.
- Heat index over 100° (at start of training): All outside activity cancelled.

\* It will be at the DOC's discretion to cancel practice for hot weather at any temperature if they believe conditions are unhealthy or dangerous.

## Cold Weather Policy

Players are more susceptible to injuries during cold weather, particularly from pulled or torn muscles. Players should be encouraged to wear appropriate clothing to aid body heat retention yet afford adequate movement without creating a safety hazard. As a general rule, training programs will be canceled if the projected temperature (including wind chill) at the start of training is projected to be **below 32 degrees Fahrenheit**.

## Inclement Weather Policy

**Rain:** all soccer events will be played during rain unless the fields are deemed unplayable and closed by the club or governing league/event.

**Thunder/Lightning:** if you see or hear a thunderstorm coming, immediately suspend your game or practice and instruct everyone to go inside a sturdy building or car. Sturdy buildings are the safest place to be. Avoid sheds, picnic shelters, and bleachers. If no sturdy building is nearby, a hard-top vehicle with windows closed will offer some protection. The steel frame of the vehicle provides some protection if you are not touching metal. Outdoor activity should resume 30 minutes after the last sound of thunder or flash of lightning. If inclement weather is in the area, we asked that parents stay close by if the training session or games cancel.

## Communication to Parents & Players

**Team Snap Alerts for training:** at the latest, the club will inform players and parents 1.5 hours before scheduled practice if the weather has impacted the training schedule for the evening ahead. We will update Team Snap and send out an alert to teams. Updates for games or events will come directly from the governing body.