



Newton Girls Soccer Unsafe Weather Policy

The safety of NGS players is important to our coaches and staff. As such, NGS and its official representatives (referees, coaches, etc.) hold the right to postpone or cancel any activity where the organizers feel starting or continuing the session would put the participants at harm.

There are certain weather conditions that will impact practice and game play – even if the fields have not been officially closed by Newton Parks and Recreation:

Thunder and Lightning

In the event that thunder or lightning is observed in the vicinity of a field, all activity on the field must cease immediately and for at least 30 minutes after the thunder or lightning ends. Coaches and other adults present must ensure that everyone goes to safe shelter in the event of thunder or lightning. DO NOT remain on the field or in other exposed areas. If a building is unavailable, participants should wait inside a vehicle with a solid metal top. Do not stand under or near a tree. For more information, visit <http://newtongirlssoccer.org/home/fields/closing-the-fields/> and review the attached MYSA weather policy.

Rain

In most cases, practices and games will be played as scheduled in light rain. If heavy rain creates unsafe field conditions (e.g. mud, slippery grass, and water-saturated areas), activities must be suspended and participants will be directed to safe shelter.

Heat

Playing in extreme heat and humidity can be dangerous. If the heat index is above 105 all play must be suspended. If the forecast is for extreme heat (heat index above 85) NGS may cancel or reschedule activities. If activities have not been canceled and a coach determines that the temperature on the field is unsafe, they may decide to stop play, adjust playing time, or provide additional shade and hydration breaks. (Note: NGS staff/volunteers will not apply sun block to participants.) Lastly, we encourage parents and players use their own judgement on whether it is safe to participate; players will not be penalized. For additional details and recommendations, please refer to the attached MYSA weather policy, heat index chart, and heat guidelines for practices.

Cold

Cold can be a concern in the fall. Field conditions will be affected by freezing rain or snow. Coaches should consider wind chill as well as ambient temperature when determining whether to suspend or modify a practice or game. If the temperature is below 35 all play is suspended. Additional layers worn under the player's uniform are allowed and recommended in temperatures below 45 degrees. However, scarves, hooded sweatshirts and ear muffs are not allowed for safety reasons. Please review the attached MYSA weather policy for additional details and recommendations.

In the event that play cannot resume because of the aforementioned unsafe weather conditions, players and/or coaches will reach out to emergency contacts. At least one NGS coach will remain on site until all players have been picked up.

If NGS has to cancel an activity because of unsafe weather conditions we will do our best to reschedule, but it is not always feasible. Refunds will not be issued for weather cancellations. Please review our refund policy for details: <http://newtongirlssoccer.org/refund-policy/>.

Attachments:

1. Mass Youth Soccer Weather Policy
2. Heat Guidelines for Practices
3. Heat Index Chart

Weather Policy

Mass Youth Soccer Weather Policy

It is strongly recommended that clubs make sure their coaches all have the latest weather apps loaded on their phones. These apps should include instant weather conditions and lightning strike notification.

Conditions in one location may be very different from another, especially the further apart the two locations are. The coaches are responsible for keeping informed of the weather conditions at home, along their route to the game and at the game site. The coaches are also responsible for communications with the opposing coach and their own team in the event of inclement weather. Discussions between the coaches must provide for common sense to prevail.

Severe Storms

Severe storms can produce high winds, heavy rain, hail, lightning, thunder and/or tornados. If a severe storm approaches the playing area, the safety of the players is the number one priority of coaches and referees, and may require that the game be suspended while shelter is sought. In the event the game is suspended, ALL participants MUST clear the field immediately and move into their cars or other permanent shelter.

High winds can create problems by dust and debris being in the air or blowing over objects. Heavy rain can create hazardous field conditions or lead to flash flooding. Hail can cause injury. Lightning and thunder is discussed separately below. Tornados are obvious dangers of any severe storm. Use common sense and seek shelter as appropriate.

Thunder and Lightning

Lightning is the second leading cause of storm-related deaths (flooding is first). Lightning can strike up to 10 miles outside of a thunderstorm, literally a bolt from the blue. The danger from lightning can persist for 20-30 minutes or more after a thunderstorm has passed. The National Weather Service does not issue watches or warnings for lightning by itself. However, the National Weather Service does advise that if you see a lightning bolt and hear the thunder in 30 seconds or less, you seek shelter and wait 30 minutes before resuming outdoor activity.

If a person can hear thunder, or see lightning, the danger already is present. A clear, sunny sky overhead with storm clouds nearby can still be dangerous.

Referees and Coaches should adhere to the following:

- If lightning is within five miles, with or without hearing thunder, the game(s) or practice(s) should be suspended and shelter sought. A lightning detector or similar app can identify the distance accurately but may not be available. A rough guideline is to **measure the time between the lightning flash and hearing the corresponding thunder. If it is 30 seconds or less, seek shelter.** It may not be possible to determine which lightning strike generated which roll of thunder. A simple rule: **If you can see it or hear it, clear it!**
 - Mass Youth Soccer recommends that participants seek immediate shelter in their automobiles or a designated severe weather shelter, if there is one nearby. Smaller, open structures, tents, trees, isolated areas, etc, should be avoided. Cars, with windows rolled up or buses, can provide good shelter. Avoid contact with metal or other conducting materials to the outside surfaces. Do not stay in open, unprotected areas.
 - **Games should not be restarted for at least 30 minutes** after the last lightning strike is seen or roll of thunder is heard.
 - Tournaments should inform participating teams of notification and evacuation plans and shelters near the playing sites.
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Hot Weather

Heat is a problem when it prevents the body from cooling itself. The hotter the body gets, the more likely it is to increase fatigue levels, develop cramps and increase the possibility of heat exhaustion and heat stroke. The hotter and more humid the weather, the faster these problems can develop. Temperatures as low as 65 degrees, with a relative humidity of 100%, can be serious.

1. A heat index chart should be given to every coach and referee (www.nws.noaa.gov)
2. Games need to be adjusted as the heat index rises:
 - a. Mandatory water breaks
 - b. Go to quarters
 - c. Shorten the games
3. Provide training to coaches to teach the signs of heat exhaustion and heat stroke.

Club administrators and tournament officials are responsible for monitoring the heat index (by weather radio, online or the Weather Channel) and keeping the participating teams and game officials informed of the heat index. Coaches are encouraged to also monitor the conditions. The following are recommended when there is a possibility of dangerous high heat index:

Heat Index	Recommendations
Up to 84°	Normal Play
85° - 89°	Mandatory two-minute water breaks per half with running time.
90° - 99°	Mandatory two-minute water breaks per half with running time. Each half shortened by five minutes.
100° - 104°	Mandatory two-minute water breaks per half with running time. Each half shortened by ten minutes.
105°+	Suspend Play

For further information, please check the NOAA website for additional information in regards to how temperature and humidity combine to make it feel hotter.

Cold Weather

For fall play, cold becomes a factor. Players should be allowed to dress in appropriate clothing. Field conditions will be affected by freezing rain, sleet and snow. The ground may become frozen and be unsafe for play. Temperature means either ambient (still air) or wind chill index. Check weather radio frequently for temperature and weather conditions.

Cold Index	Recommendations
46° and higher	No Change
45° and lower	<p>Allowable Additional Clothing:</p> <ul style="list-style-type: none">• Layered beneath uniform (for example)<ul style="list-style-type: none">○ long sleeves○ long pants○ additional socks• Gloves or mittens• Stocking caps without straps• Sweat pants or shirts - In the case of extremely cold weather, may be worn underneath the uniform, provided the entire team uses the same color sweats• Jackets may be worn under the uniform so that referees can see the player's number in the event of a card being issued. <p>Clothing NOT Allowed:</p> <ul style="list-style-type: none">• Hooded sweatshirts<ul style="list-style-type: none">○ hoods and strings present possibility of being grabbed• Ear muffs (headbands OK)

	<ul style="list-style-type: none"> ○ plastic or metal part crossing top of head presents potential hazard ● Scarves <ul style="list-style-type: none"> ○ Isadora Duncan Syndrome
40° and lower	Shorten games by 5 min/half
35° and lower	Suspend games

- Players on sidelines should remain dressed (if in warm-ups) until they enter the game.
- Players coming off should towel off (if sweaty) and get dressed quickly.
- No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended.
- Keep hydrated-avoid caffeine and carbonated drinks.
- Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.
- Keep an eye on the goalie—usually the player who gets coldest first, as not running or moving like a field player.
- Referees and coaches should discuss weather and fields pre-game.
- Safety and health of the players come first.

Heat Guidelines for Practices

STEP 1



Temp. + Humidity= WBGT Temp.
www.weather.com

STEP 2



CATEGORY 1
 CATEGORY 2
 CATEGORY 3

STEP 3 FIND YOUR ALERT LEVEL AND WORK TO REST RECOMMENDATIONS

Based on your WBGT and Regional Category determine your Alert Level and Work to Rest Recommendations using the table below.

ALERT LEVEL	WBGT BY REGION (°F)			EVENT CONDITIONS	RECOMMENDED WORK TO REST RATIOS (ACTIONS & BREAKS)
	CAT 1	CAT 2	CAT 3		
BLACK	>86.2°	>89.8°	>92.0°	Extreme Conditions	No Outdoor Training, delay training until cooler, or Cancel Training.
RED	84.2-86.1°	87.8-89.7°	90.1-91.9°	High Risk for Heat Related Illness	Maximum of 1 hour of training with 4 by 4 minute breaks within the hour. No additional conditioning allowed.
ORANGE	81.1-84.1°	84.7-87.7°	87.1-90.0°	Moderate Risk for Heat Related Illness	Maximum of 2 hours of training with 4 by 4 minute breaks each hour, OR a 10 minute break every 30 minutes of training.
YELLOW	76.3-81.0°	79.9-84.6°	82.2-87.0°	Less than Ideal Conditions	3 Separate 4 minute breaks each hour, OR a 12 minute break every 40 minutes of training
GREEN	<76.1°	<79.8°	<82.1°	Good Conditions	Normal Activities. 3 Separate 3 minute breaks each hour of training, OR a 10 minute break every 40 minutes





National Weather Service Heat Index Chart



Temperature (°F)

Relative Humidity (%)	Temperature (°F)															
	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure and/or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger