



Springfield/South County Youth Club

Inclement Weather Guide for

Sports Training, Tryouts, and Practice

Version Date: 09 January 2019

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Document Configuration Management

Author	Change / Update	Approval Date
Woody Weir	Baseline Document	28DEC2018
Woody Weir	Update to include "Flash-to-Bang" measurement tool in Lightning/Thunder Section	09JAN2019
Woody Weir	Update to include Tornado Watch/Warning	09JAN2019



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Table of Contents

Purpose and Scope.....	4
Applicability	4
Guidance Overview	4
National Weather Service Announcements	5
Classifications of Conditions	5
Cold Weather (Winter) Announcements.....	5
Hot Weather (Summer) Announcements.....	9
Notifications and Communication	15
Guidance Enforcement.....	16
Guidance Resources.....	16
Other Weather-Related Tips	16
Warm Weather Conditions.....	16
Fluid Replacement for Athletes.....	17
Other Conditions and Injuries	17
Consider the following recommendations	18
Tornado	19



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Purpose and Scope

Springfield-South County Youth Club (SYC) recognizes that inclement weather experienced while outdoors (including, but not limited to, extreme cold, extreme heat, thunder/lightning) can affect the safety of athletes, parents/guardians, coaches, and other volunteers, and the SYC is committed to implementing safe standards and practices to minimize such risk. As such, SYC has developed this *Inclement Weather Guide for Sports' Trainings, Tryouts, and Practices* with a heavy reliance on National Weather Service (NWS) standards, alert systems, and public safety information.

Even though this document will provide guidance to assist our Staff on when to modify their training, tryout, and/or practice schedule based on various inclement weather conditions, there is no better guide than leveraging your own common sense and erring on the side of caution. Therefore, when in doubt, push it out (to another day or time).

Moreover, SYC uses fields and facilities that are controlled by third parties - primarily, the Fairfax County Public Schools and the Fairfax County or Northern Virginia Regional Parks. These entities have their own inclement weather policies and may close their facilities based on those policies, which controls what SYC can or cannot do. This guidance is not intended to replace the policies of those third parties; rather, it is intended to assist SYC Staff in making prudent decisions when a facility owner does not cancel use, but inclement weather conditions arise.

NOTE: This is a living document and will be reviewed annually and updated as required.

Applicability

Throughout the document, we will reference and define SYC "Staff" as Board of Directors down to Coaches/Trainers which will follow this guideline when determining whether trainings, tryouts, and/or practices should take place, be modified, or be canceled due to potential or actual inclement environmental conditions. This guideline applies to trainings, tryouts, and practices over which SYC Staff have governance authority; however, this guideline does not necessarily apply to games or tournaments, as games and tournaments are typically managed by a game official or tournament staff that are responsible for implementing safe play based on weather/environmental conditions. In addition, decisions related to games in which SYC's travel teams, select teams or other teams in sports that play as part of a broader umbrella organization will have game scheduling decisions made by those organizations. Anyone in attendance at a game is encouraged to notify game authorities of inclement weather if occurring in the area.

Guidance Overview

The safety of SYC athletes, parents, coaches, and other volunteers is paramount in any inclement weather situation. This guide lays out clear protocols for when alterations or cancellations must be made to SYC activities based on: potential or actual inclement weather conditions; Club-wide decisions made by SYC Staff; and/or situations when a field has been closed by the field owner.



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The guideline relies heavily on NWS weather announcement-based recommendations and follows the NWS recommendation, for example, that the public take action *when thunder is heard*, rather than waiting for lightning to occur.

National Weather Service Announcements

The tables provided below share the NWS announcements that SYC feels is most applicable at this time for the guide. Additional announcements may be added over time as required. SYC Staff will use the applicable table below to determine when activities shall be altered and/or canceled due to more extreme weather. Assuming field conditions are acceptable, activity may resume if a weather alert is lifted and it is still feasible to hold the activity. SYC will initially concentrate their efforts on laying out guidance for when there is extreme cold, extreme heat, and/or thunder & lightning.

Classifications of Conditions

Within this guide, there may be three classifications of weather announcement conditions that will be referenced: Watch, Advisory, and Warning

1. **Watch:** A chance this condition will happen and usually covers a large geographical area for a lengthy time period
2. **Advisory:** Sort of in between a WATCH and WARNING. The expected weather condition has a pretty good chance of occurring, even a likely chance of occurring, but typically an advisory is used for less severe type of weather conditions.
3. **Warning:** Weather is already occurring or is likely to occur and to take proper protective measures. These are usually issued for much smaller geographical areas and usually for shorter more definite time periods.

Cold Weather (Winter) Announcements

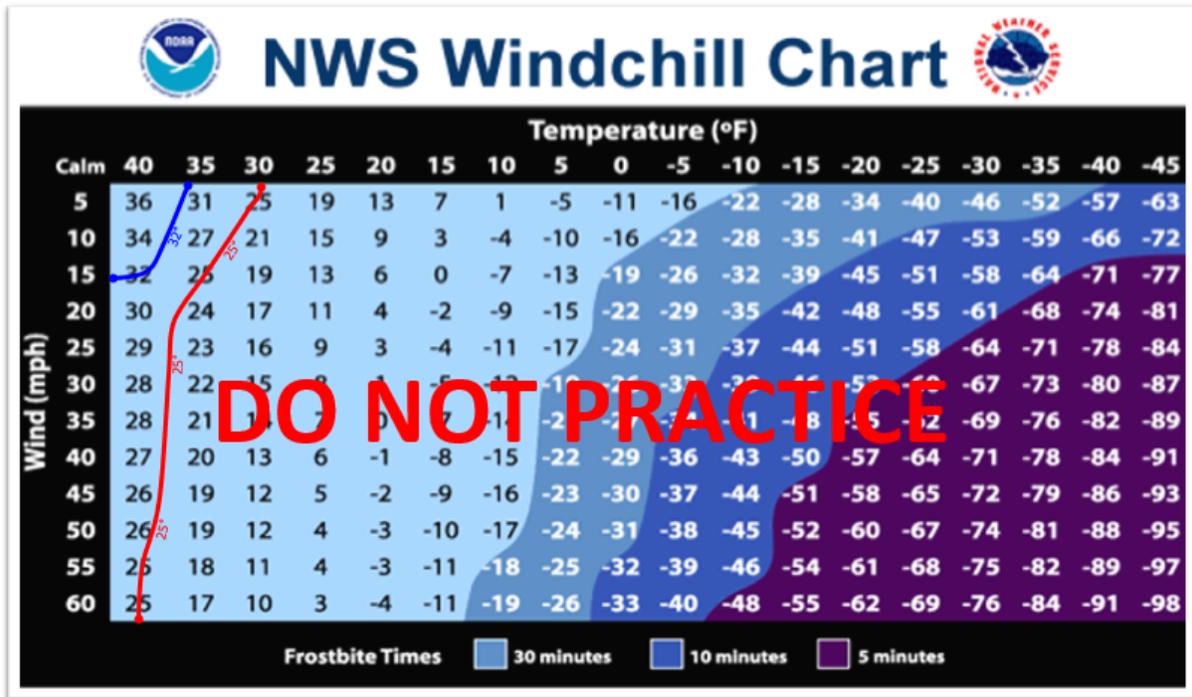
National Weather Service Alert	SYC Guidance
Cold Weather Announcements	
WIND CHILL with Precipitation	
Greater than/Equal to 36 degrees F	Normal Practice may occur
Between 33-35 degrees F	No more than 40 minutes outside per session – may return outside after 20 minutes indoors
At or Below 32 degrees F	All outdoor activities canceled
Wind Chill without Precipitation	
Greater than/Equal to 36 degrees F	Normal Practice may occur
Between 33-35 degrees F	No more than 1 hour outside per session – may return outside after 30 minutes indoors



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Between 26-31 degrees F	No more than 30 minutes outside per session – may return outside after 15 minutes indoors
At or Below 25 degrees F	All outdoor activities canceled
Please refer to the National Weather Service Windchill Chart below	
Please be mindful that it does not take much wind to lower the Wind Chill (“Fells Like”) temperature	
With all cases of Cold Weather announcements, Common Sense is the best guide (policy). When in doubt, cancel.	



Above 36° Wind Chill (WC) – Practice may occur
 Between 35° - 33° WC with Precipitation – Limitations
 Between 35° - 26° WC without Precipitation – Limitations
 At/Below 32° WC with Precipitation - DO NOT PRACTICE!!
 At/Below 25° WC without Precipitation - DO NOT PRACTICE!!

Common Sense Rule
 Applies in all cold related conditions

A safety threat exists when the physically active cannot maintain heat. Cold exposure can be uncomfortable, impair performance, increase injury risk and may be life threatening. Cold weather is defined as any reduced temperature that can negatively affect the body’s regulatory system, these do not have to be freezing temperatures.



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Cold Related Terms

Cold Weather Injuries: Cold weather injuries (CWIs) occur when there is an imbalance of body temperature regulation, or where heat loss is greater than heat production in an area of the body (or the body core). There are 4 primary types of cold injuries: hypothermia, frostbite, non-freezing cold injuries, and injuries related to cold exposure.

- **Hypothermia:** A condition of abnormally low core body temperature (below 95°F); occurs when cold conditions are severe, windy, clothing is wet or during periods of inactivity; may also occur in warm climates during extended water exposure or immersion.
 - Symptoms
 - Shivering
 - Dizziness
 - Irritability
 - Confusion
 - Slurred speech
 - Stumbling
 - Severe stages
 - Stops shivering
 - Desire to lie down/sleep
 - Faint heartbeat and breathing
 - Unconsciousness
 - Treatment
 - Prevent further cold exposure
 - Drink warm, sweet liquids if conscious
 - Rewarm with body-to-body contact or in warmed sleeping bag
 - Give CPR (if needed)
 - Evacuate immediately (if severe).
- **Frostbite:** Freezing or crystallization of tissues; exposure time can be minutes or instantaneous if skin is exposed to extreme cold or high winds; the extremities (fingers, toes, ears, nose) are affected first.
 - Symptoms
 - Skin feels cold, stiff, or woody
 - Skin turns to gray or waxy-white color
 - Numbness, tingling or stinging sensation
 - Blisters
 - Absent/restricted joint movement
 - Discoloration similar to superficial frostbite
 - Hard underlying tissue



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- Purple or blackened skin
- Treatment
 - Remove from cold and prevent further heat loss
 - Remove constricting clothing and jewelry
 - Rewarm affected area evenly with body heat until pain returns
 - Do not rewarm if injury could refreeze during evacuation or victim must walk for treatment
 - Do not massage affected area or rub with snow
 - Evacuate for medical treatment

Non-freezing Cold Injuries

- **Chilblains:** A condition that occurs in cold, wet conditions due to prolonged exposure of bare skin; commonly affected areas include ears, nose, fingers, and toes.
 - Symptoms
 - Skin is initially pale & colorless
 - Skin worsens to achy sensation then numbness
 - Skin becomes red, swollen, hot, itchy, & tender upon rewarming
 - Blistering occurs in severe cases
 - Treatment
 - Prevent further exposure
 - Wash, dry area gently
 - Rewarm with body heat
 - Do not rub or massage
 - Use dry sterile dressing
 - Seek medical aid.
- **Trench/Immersion Foot:** Results from prolonged exposure to water at temperatures below 50°F; high risk during wet weather, wet areas, or when sweat accumulates in shoes or gloves.
 - Symptoms
 - Skin initially appears wet, white, shriveled
 - Sensations of pins & needles, tingling, numbness, then pain
 - Discoloration (red, bluish, or black)
 - Becomes cold, swollen, & waxy
 - May develop blisters, open weeping, or bleeding
 - Flesh dies in extreme cases.
 - Prevention
 - Keep feet dry
 - Change socks & apply foot powder at least every 8 hours or whenever wet
 - Do not wear clothing that will restrict blood flow to the feet
 - Bring extra (dry) socks and shoes



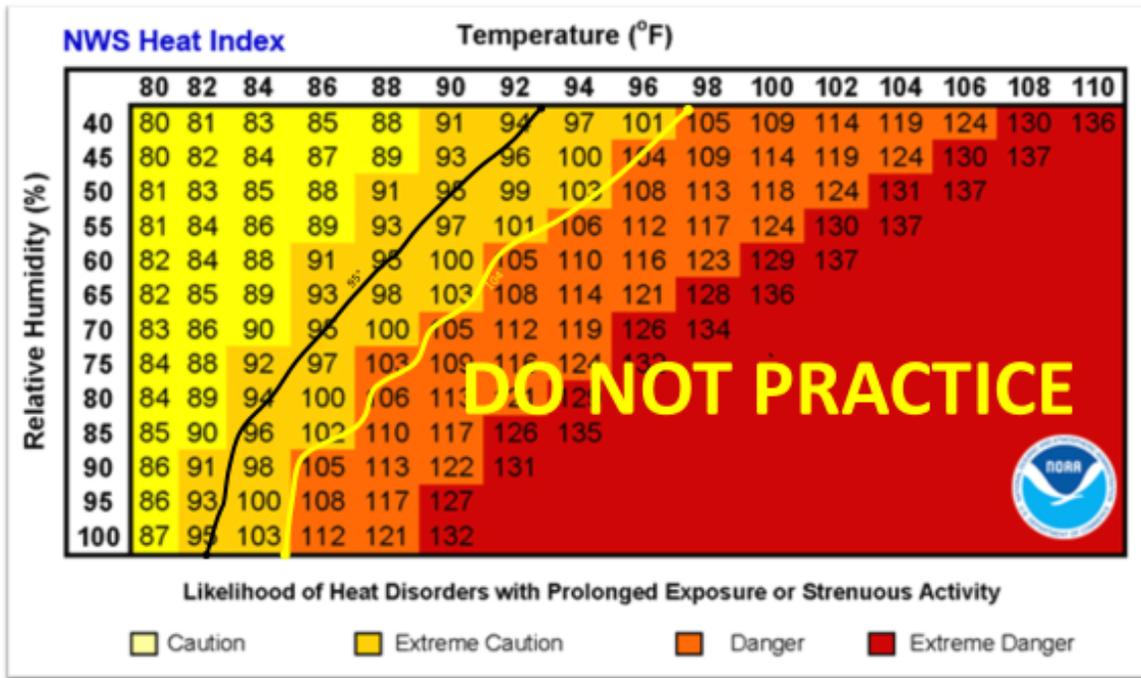
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Hot Weather (Summer) Announcements

We've all heard the term "Heat Index" used in a weather forecast on those hot, humid summer days, but do you know what it actually measures and why it's important to our health?

In simplest terms, the Heat Index is the "Feels-Like" temperature when the relative humidity is factored in with the actual air temperature. The following hot weather announcements will be directly related to the following NWS Heat Index Chart.



At/Below 94° Heat Index – Practice may occur
Between 95° - 104° Heat Index – Limitations per Guide
Above 104° Heat Index - DO NOT PRACTICE

Common Sense Rule
Applies in all heat related conditions

Determine ambient temperature [X° Fahrenheit] (local thermometer, weather website, smartphone app, etc.) for your location and find that value across the top of the table.

Determine the relative humidity for the area [RH %] (calculation if you know the temperature and dew point, weather website, smartphone app, etc.) for your location and find that value down the left side of the table.



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Determine where the two intersect on the chart, then follow the guidelines below.

National Weather Service Alert	SYC Guidance
Hot Weather Announcements	
Continual Usage and Monitoring	<p>a) This procedure is to be used until such time as the temperature is below 84 degrees and no combination of heat and humidity at that level will result in a need to curtail activity.</p> <p>b) SYC Staff should remember that the monitoring shall continue any time that a combination of heat and humidity at that level could result in a need to curtail activity (an ambient temperature of 83 degrees or higher).</p>
Heat Index of 95 to 99 Degrees	<p>(1) Water should always be available, and athletes should be able to take in as much water as they desire;</p> <p>(2) <u>Mandatory</u> water breaks every 30 minutes for 10 minutes in duration to allow for hydration.</p> <p>(3) Have towels with ice for cooling of athletes as needed; and</p> <p>(4) Watch/monitor athletes carefully for heat injury and necessary action.</p> <p><u>Additional steps for 'Contact' sports and activities with additional required protective equipment</u></p> <p>(1) Helmets and other required equipment should be removed when athlete not directly involved with competition, drill or practice, and it is not otherwise required by rule;</p> <p>(2) Reduce time of outside activity. RECOMMENDATION: Practice should be reduced by ¼ normal activity time and/or consider postponing activity to another time; and</p> <p>(3) Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.</p>
Heat Index of 100 to 104 Degrees	<p>(1) Water should always be available, and athletes should be able to take in as much water as they desire;</p> <p>(2) Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration;</p> <p>(3) Have towels with ice for cooling of athletes available;</p> <p>(4) Watch/monitor athletes carefully for heat injury and necessary action;</p> <p>(5) Alter uniform by removing items if possible and permissible by rules;</p>



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	<p>(6) Allow for changes to dry T-shirts and shorts by athletes at defined intervals;</p> <p>(7) Reduce time of outside activity by ¼ - ½ as well as indoor activity if air conditioning is unavailable.</p> <p><u>Additional steps for ‘Contact’ sports and activities with additional required protective equipment:</u></p> <p>(1) If helmets or other protective equipment are required to be worn by rule or normal practice, suspend practice or competition immediately and resumption may not occur until the index is 99 degrees or below;</p> <p>(2) For sports that do not have mandatory protective equipment, reduce time of outside activity by ¼ - ½ and/or consider postponing activity to another time; and</p> <p>(3) Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.</p>
Heat Index of Above 104 Degrees	<p>(1) Stop all outside activity in practice and/or play and stop all inside activity if air conditioning is unavailable.</p>

Synthetic Turf

Synthetic turf (aka synthetic grass and artificial grass/turf) becomes hot when it is exposed to direct sunlight and is a real danger in the summer months. The intensity of the sun’s rays striking the artificial turf, as well as the angle of the sun’s relative position (high noon vs dusk/dawn) is the primary cause of high synthetic turf temperatures. Therefore, synthetic turf does not get hot in the early morning and evening when the sun’s rays are not overhead and will feel cool to the touch. Nonetheless, the air temperature above the hot synthetic turf to about 2-3 feet, will be significantly higher than ambient temperatures on those hot, summer days and must be taken into consideration.

There are no measurable parameters that can be articulated to provide actionable guidance when training, trying out, and/or practicing on a synthetic surface. However, we can generally apply the ‘Heat Index’ principles from above, along with common sense, to develop the safest training environment for our players. If training, trying out, and/or practicing on a synthetic surface, be sure to account for the heat being generated from the synthetic turf, let alone from the sun above.



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Heat Related Terms

Heat Wave: More than 48 hours of high heat (90 degrees or higher) and high humidity (80 percent relative humidity) are expected.

Heat Index: A number in degrees Fahrenheit that tells how hot it really feels with the heat and humidity. Exposure to full sunshine can increase the heat index by 15 degrees F. Temperature and heat index readings for individual locations may be found at www.weather.com.

Heat Illnesses: A person's natural cooling system may begin to fail, allowing internal heat to build up to dangerous levels. The result may be heat illness, which can come in the form of heat cramps, heat exhaustion, or heat stroke.

- **Heat Cramps:** Brought on by exercise and the resulting loss of sodium and moisture.
 - Symptoms
 - Muscle pains or spasms (usually in the abdomen, arms or legs)
 - Treatment
 - Stop all activity and sit in a cool place
 - Drink clear juice or a sports beverage
 - Do not return to strenuous activity for a few hours after the cramps subside
 - Seek medical attention if cramps do not subside in 1 hour

- **Heat Exhaustion:** A moderate heat illness that develops after several days of exposure to high temperatures and inadequate replacement of fluids. The skin may be cool and moist, the pulse rate will be fast and weak, and breathing will be fast and shallow.
 - Symptoms
 - Heavy sweating
 - Muscle cramps
 - Weakness
 - Headache
 - Fainting
 - Paleness
 - Tiredness
 - Dizziness
 - Nausea/vomiting
 - Treatment
 - Drink cool beverages
 - Rest
 - Take a cool shower, bath or sponge bath



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- Seek an air-conditioned environment
- Wear lightweight clothing
- **Heat Stroke:** The most serious heat-related illness. It occurs when the body becomes unable to control its temperature. Heat stroke can cause death or permanent disability if emergency treatment is not provided.
 - Symptoms
 - An extremely high body temperature (above 103 degrees F)
 - Red, hot, and dry skin (no sweating)
 - Rapid, strong pulse
 - Dizziness
 - Confusion
 - Throbbing headache
 - Nausea
 - Unconsciousness
 - Treatment
 - Call for immediate medical assistance while you begin cooling the victim
 - Cool the victim rapidly, using whatever methods you can; Get the victim to a shady area; apply ice packs in the armpits, groin and neck areas, place the victim in a tub of cool water, place the person in a cool shower, spray the victim with cool water from a garden hose, sponge the person with cool water or wrap the victim in cool, wet sheet and fan them vigorously
 - Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102 degrees F
 - If emergency personnel are delayed, call the hospital emergency room for further instructions

Coaches, parents/guardians, and athletes are encouraged to consider the following recommendations:

- Ensure athletes are well hydrated prior to the start of any and all activity
- Allow frequent periods of rest and hydration during activity; consult the referee and opposing coach before the match begins to agree upon water breaks at pre-determined times of each corresponding half
- Encourage and allow unrestricted fluid replacement; encourage fluids before, during and after activity
- Gradually increase activity in the heat over a period of 7-10 days to allow adequate acclimatization
- Wear light, loose fitting clothing made of breathable fabric light in color
- Protect against sun exposure by using sunscreen



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- Routinely monitor changing weather conditions with close attention to temperature and humidity

Lightning and/or Thunder

According to the NWS, there is no safe place outside when thunderstorms are in the area, and if you hear thunder, you are likely within striking distance of the storm so, **“When thunder roars, go indoors!”** In consideration of this advice, SYC guidance is as follows:

If a coach, manager, parent/guardian, athlete, or other individual sees lightning, or hears thunder, that person shall immediately notify SYC Staff, and the Staff shall:

- (1) Suspend the outdoor activity; and
- (2) Direct all players to seek safe shelter for at least 20 minutes from the last time lightning is seen or thunder is heard.
- (3) To return to outdoor activity, wait a minimum of 20 minutes from the last lightning strike of a flash-to-bang count no less than 30 seconds.

***Flash-to-Bang Measurement:** For each 5 seconds count, lightning is 1 mile away. At a count of 15 seconds (3 miles) there is immediate danger. It is recommended that you have players and adults leave the field at a count of 30 seconds (6 miles).*

According to the NWS, **safe shelter** is either a substantial building (one with plumbing and wiring such as a home, school, church, office building, indoor concourse or recreation center) or a fully enclosed metal-topped vehicle such as a hard-topped car, minivan, bus, etc.

Once inside a safe shelter, stay away from showers, sinks, bath tubs, and electric equipment such as stoves, radios, corded telephones and computers.

Unsafe facilities or buildings include (but not limited to):

- (1) Car ports or open garages
- (2) Covered patios
- (3) Shelters or pavilions
- (4) Tents or Canopies
- (5) Baseball dugouts
- (6) Partially enclosed vending areas

While inside a vehicle, do not use electronic devices such as radio communications or touch metal framework during a thunderstorm. Unsafe vehicles include golf carts, convertibles, motorcycles, or any other open cab vehicle.



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Unfortunately, many of the fields used by SYC do not have access to substantial buildings for safe shelter. Therefore, while SYC Staff have the best intentions for the safety of our players, **parents/guardians are reminded that they are ultimately responsible for ensuring players have access to a safe vehicle during training, tryouts, and/or practice. Therefore, a parent/guardian must remain and ensure a safe vehicle is available at the field if/when there is a risk of severe weather forming.**

SYC Staff may choose to download free cellular phone applications (such as WeatherBug lightning detector), which may help track when lightning might be near; ***however, use of an application like this does not supersede the requirement to follow the NWS announcements or SYC' lightning and/or thunder guideline outlined above.*** And again, using common sense is always the best policy.

Severe Weather Announcements	
1. Severe Thunderstorm Watch	1) Outdoor practices may proceed 2) Parent/guardian <u>must remain at the field in case safe sheltering is required*</u> 3) Refer to the Lightning and/or Thunder section of this guide for additional requirements
2. Severe Thunderstorm Warning	All outdoor activities canceled

Additional Reasons for Activity Cancellation

At their discretion, SYC Staff may cancel practice, including, but not limited to, individual team trainings. **Any SYC Club-wide decision preventing field use supersedes any Coach and/or Trainer's decision.**

Frozen Surface: If the playing surface is frozen and/or contains snow and/or ice, SYC Staff shall cancel activities.

Field Space Owner/Manager Policies: When SYC teams use field space managed and operated by the Fairfax County Park Authority, Fairfax County Public Schools, a private school, or another private property, the Club shall follow the operating policies and procedures established by each institution with respect to inclement weather. Playing on a field that has been closed by the field owner is strictly prohibited and is considered a violation of this guideline.

Notifications and Communication

SYC Staff make best efforts to communicate all modifications and cancellations ninety (90) minutes in advance of the scheduled activity, in accordance with the above policies; however, management reserves the right to cancel activities, should weather conditions change and present safety risks to participants prior to or during scheduled.



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SYC shall make best efforts to post information about activity cancellations on the club website, all social media pages that the club utilizes, and send broadcast e-mails or text messages to all registered players, coaches, managers and teams.

Guidance Enforcement

Any SYC Staff member who does not follow the guidelines outlined in this *Inclement Weather Guide for Sports' Trainings, Tryouts, and Practices* will be considered in violation of the SYC Sideline Ethics and/or subject to disciplinary action by the SYC Board of Directors.

Any parent/guardian who does not adhere to this guideline will be considered in violation of the *SYC Coach/Parent/Player Code of Conduct* and/or subject to disciplinary action set by the SYC Board of Directors.

Any player who does not adhere to this guideline will be in violation of the *SYC Player Code of Conduct*, which may result in disciplinary action.

Guidance Resources

Additional inclement weather resources are available at the following:

- SYC website (www.sycva.com)
- Local/network channels and/or The Weather Channel
- www.weather.com
- www.weatherbug.com
- www.lightningsafety.noaa.gov/toolkits/Lightning_Safety_Com_toolkit.pdf
- <https://www.fairfaxcounty.gov/parks/weather-closures>
- <https://www.fcps.edu/resources/safety-and-transportation/weather-cancellation-procedures/inclement-weather-closing>

Other Weather-Related Tips

The following tips are provided for the benefit of SYC Staff, families, spectators, and players; however, these tips are informational only, and are not enforceable under the scope of the Inclement Weather Guidelines for Sports' Trainings, Tryouts and Practices Guideline.

Warm Weather Conditions

People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly.



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Children sweat less than adults, making it harder for them to cool off. Therefore, children who play sports or are physically active in hot weather can be at risk for heat illnesses. In addition, dehydration also puts children at risk for more dangerous heat illnesses.

Fluid Replacement for Athletes

- Drink
 - WATER
 - Before, during, and after activity
 - Carbohydrate drinks with 6-8% carbohydrates if exercising greater than 45 minutes, too many carbohydrates will reduce absorption rate
 - Cool beverages at 50-59 degrees F, if the drink is too cool it will reduce absorption rate
- Do not drink
 - Fruit juice
 - Sodas or carbonated drinks
 - Drinks with caffeine
- Hydration tips
 - By the time you are thirsty you are already dehydrated
 - 2-3 hours before exercise drink 17-20 oz. of water
 - 10-20 min before exercise drink 7-10 oz. of water
 - Continue drinking water or low carbohydrate sports drinks throughout exercise (generally 7-10 oz. every 10-20 min)
 - Within 2 hours after exercise drink enough fluid to replace lost fluids during exercise
 - Urine should be light yellow or clear

Other Conditions and Injuries

- **Dehydration:** While not an injury per se, an excessive loss of body fluids can slow or prevent normal body functions; this may increase chances of frostbite hypothermia.
 - Symptoms
 - Dark urine
 - Irritability
 - Dry mouth/tongue/throat
 - Increased heartbeat
 - Dizziness
 - Stomach cramping or vomiting
 - Mental sluggishness, unconsciousness
 - Treatment



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- Drink water or warm liquids
- Do not eat snow
- Rest
- **Sunburn:** Burning of the skin due to overexposure to sun/ UV light; in high altitude thinner air allows more burning sun rays to penetrate the atmosphere and reflect light off the snow.
 - Symptoms
 - Chills
 - Fever
 - Redness
 - Slight swelling (1st degree)
 - Pain & blistering (2nd degree).
 - Treatment
 - Apply soothing skin creams (mild cases)
 - Seek medical attention (severe cases)
 - Take aspirin for pain.
- **Slips, Trips, and Falls:** The presence of ice and snow has been shown to significantly increase likelihood of fall injuries which most often include fractures and sprains/strains to lower extremities (ankles, feet, legs) as well as wrists and arms.
 - Symptoms
 - After a fall (contact with ground or an object) or even a near fall resulting in a twist – pain may be sharp & immediate (acute) pain
 - Soreness or swelling (e.g., to ankle, wrist) can increase hours or 1-2 days after incident
 - Treatment
 - Seek medical advice for pain limiting movement.

Consider the following recommendations

All coaches, parents/guardians, and athletes should take into consideration the following recommendations.

- Clothing
 - Dress in layers and try to stay dry. Moisture from perspiration or precipitation, significantly increases body heat loss
 - Add or remove layers depending on temperature, activity and wind chill
 - Begin with a moisture wicking fabric next to the skin; wicking will keep the body warm and dry and eliminates the moisture retention of cotton
 - Polypropylene and wool can wick moisture away from the skin and retain insulating properties when wet



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- Add lightweight pile or wool layers for warmth and use a wind-blocking garment to avoid wind chill
- Cover the head and ears during extremely cold conditions
- Wear gloves as needed, mittens are warmer than gloves
- Wear a scarf or face mask in extreme conditions
- Keep feet dry by wearing moisture-wicking or wool socks that breathe, dry the socks between wears

- Energy/Hydration
 - Fatigue and exhaustion deplete energy reserves, increasing the susceptibility to hypothermia, as does sleep loss
 - Eat meals, energy snacks and carbohydrate/electrolyte sports drinks to maintain energy levels
 - Negative energy balance increases the susceptibility to hypothermia
 - Stay hydrated, dehydration affects the body's ability to regulate temperature and increases the risk of frostbite
 - Avoid caffeine drinks

- Warm-up and Session Length
 - Warm up thoroughly and keep warm throughout the practice or competition to prevent a drop in muscle or body temperature
 - Time the warm-up to lead almost immediately into competition
 - Add clothing to avoid rapid cooling after competition

- Training Partners
 - Always train with a partner, never train alone
 - Not recognizing cold exposure symptoms early could become life-threatening
 - Never workout on an isolated trail in the cold weather

Tornado

If a Tornado Watch is issued for the area, SYC Staff will remain on high alert for changing conditions and be prepared to take appropriate actions.

If a Tornado Warning is issued, all outside SYC events will be suspended until the warning is cancelled.

For those in the open outdoors: If possible, seek shelter in a sturdy building. If not, lie flat and face-down on low ground, protecting the back of your head with your arms. Get as far away from trees and cars as you can; they may be blown onto you in a tornado.



Springfield South County Youth Club

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For those indoors: Seek a gym or other indoor facility with an interior hall or room. Crouch low, keep your head down, and protect the back of your head with your arms. Stay away from windows and large open rooms such as gyms.