

# All 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. Coaches should follow the following procedures based on conditions:

- Heat Index up to 89°: Normal Play. Regular hydration patterns
- Heat index of 90°- 95°: Mandatory water breaks every 25 minutes.
- Heat index of 96°-102°: Mandatory water breaks every 15 minutes.
- Heat index over 103° (at start of training): All outside activity cancelled

All Coaches and Directors must review and follow these and Indiana Soccer's Hot Weather Policy found attached [WEATHER POLICY indiana\\_soccer - hot\\_weather\\_with\\_chart.pdf](#)

## 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 cancelled if the projected temperature (including wind chill) at the start of training is projected to be below 25 degrees Fahrenheit.

All Coaches and Directors must review and follow these and Indiana Soccer's Hot Weather Policy found attached [WEATHER POLICY indiana\\_soccer - cold\\_weather\\_with\\_chart.pdf](#)

## LIGHTNING POLICY

Players, parents and staff should never put themselves in a position of being struck by lightning. Lightning is unpredictable and Impact Soccer Club and it's members and staff will always listen to referees, Directors and error on the side of caution.

- Stop play, leave fields when a threat is near.
- Seek shelter and follow Indiana Soccer Protocol.
- Do not resume play until lightning is more than the required distance away and no sounds of thunder.
- Error on the side of caution – it is never worth the chance.

All coaches and directors are strongly advised to read and follow the [WEATHER POLICY lightning\\_guide.pdf](#) attached.

### Recognizing the threat.

1. Apply the 30-30 rule When you see lightning, count the time until you hear thunder. If this time is 30 seconds or less, seek proper shelter. If you can't see the lightning, just hearing the thunder is a good back-up rule. Wait 30 minutes or more after hearing the last thunder before leaving shelter.

2. Know and heed warning systems and community rules Many communities or park systems have lightning detection and warning systems. Use this information and obey the rules established by the community or park system.
3. Know and apply the rules or procedures established by the competition authority
4. Minimize the risk of being struck Referees must protect the safety of all participants by stopping game activities quickly, so that participants and spectators may retire to a safer place before the lightning threat becomes significant. Remember, if you can hear the thunder, you are within reach of lightning.

## **OTHER SEVERE WEATHER**

- Severe storms or tornadoes. Obey local rules and heed warnings (meaning that a severe storm or tornado has been sighted). Clear the field and seek proper shelter immediately – see above. Remember, according to standard weather warning terminology a "warning" represents a more immediately likely occurrence than a "watch."
- Hurricanes There is usually plenty of advance notice, so games will probably have been cancelled. Look for warning signs.
- Hail Stop the game, clear the field, and seek proper shelter – see above.

**NO SEVERE WEATHER SAFETY GUIDELINES WILL GIVE 100% GUARANTEED TOTAL SAFETY, BUT THESE STEPS WILL HELP YOU AVOID THE VAST MAJORITY OF CASUALTIES.**

If there is a possibility of severe weather, the referee and assistant referees should discuss these guidelines in their pregame meeting and ensure that all officials have a clear understanding of their respective duties. Referees in particular should clearly identify what assistance they expect in detecting and bringing to their immediate attention any dangerous weather conditions which may not be directly visible to them. If such conditions develop only after a match has begun, the referee should take the first stoppage opportunity to quickly review these matters with the assistant referees. A brief word to the coaches regarding steps the referee will take to ensure player safety in threatening weather conditions would be useful.