



CITY OF ARLINGTON YOUTH SPORT COLD WEATHER GUIDELINES

The following guidelines will be used to manage cold weather at all youth sports games and practices. It is designed to provide participants with a standard for safe play in situations of cold weather. During the day, the cold weather index will rise and fall depending upon the time of day, amount of wind, cloud cover, etc.

These program modifications could also change throughout the course of the day. Decisions on game will be made at least 60 minutes prior to your scheduled game times. Updates will be posted on the rainout line at (817) 459-6697 and through a message on the SI Play APP. Coaches are asked to use these guidelines in determining practice conditions and cancellations.

TEMPERATURE GUIDELINES

- 51° And Higher - No Change / Games played as scheduled
- 50° and lower – Additional clothing beneath uniform suggested (Long sleeves / Long pants / Additional Socks / Gloves / Caps)
- 45° and lower – Shorten Games
- 32° and lower – Games Cancelled

COLD WEATHER TIPS

- Jackets may be worn with the jersey underneath.
- No one should sit or lie directly on the ground (heat is lost faster to ground than air). Sit in the designated seating area or use blankets and chairs.
- Keep hydrated – avoid caffeine and pop.

The above are merely guidelines and it is the responsibility of parents to make the ultimate decision as to the participation of their child. When cold weather may be a factor, please take into consideration the age and physical condition of your child. Parents also have the ultimate responsibility to inform their child about the dangers of cold and need for protection (layered clothing, moisture wicking clothing, etc.)