

AYSO weather policy

-In order to ensure the safety of players, coaches, volunteers, and spectators we have instituted the following weather related policies for all games and practices.

-Keep in mind that regardless of our policies, you have the choice to keep your child out of games or practice activities if you choose.

-Always assume "game on" unless you hear from your coach or until a cancellation is posted to our website or social media accounts (Facebook/Instagram).

-Decision to cancel will be made a minimum of 30 minutes prior to the start of games or practice based on conditions at each field.

In event of a severe weather warning, cancellations may be made sooner.

We may cancel at some fields and not others. Cancellation may occur at any time.

We may cancel games due to:

1. Excessive heat (please refer to heat policy below)
2. Lightning/thunder, heavy rain, standing water, or any condition making play dangerous or impractical (see rain policy below).
3. Play that will damage fields.

Decision to cancel any games in advance may only be made by the Regional Commissioner.

Heat policy

Games are played when it's hot, subject to the discretion of the Referee or other AYSO official. Like all physical exertion activities, players are encouraged to bring proper hydrating fluids with them to all games and practices! We encourage coaches to take extra breaks and lower the intensity for the players during practice also.

Temperature	Game and Practice Policy
95°F or lower	Safe
95°F - 98°F	Referee/Coach will allow for extra water breaks-players must stay on field
98°F - 100°F	Referee/Coach will allow extra water breaks and decrease every quarter by 3 minutes
100°F - 102°F	Referee/Coach will allow extra water breaks, decrease quarters by 3 minutes, and allow free substitution
102°F or higher	Games & Practices cancelled

Rain Policy

Since AYSO games are not generally made up due to cancellations due to weather, AYSO games are typically held during "gentle" rain events.

Games will continue unless there is standing water, lightning, thunder, or field closure.

Although parents may not want to sit in the rain to watch a game, please honor the time commitment of the Coaches, Referees and other team players by getting your player(s) to the fields on time for their game. At the conclusion of the game, players may be wet and muddy which doesn't help vehicle interiors. To help protect interiors, bring a pair of plastic grocery bags for the player to wear over muddy shoes and/or a poncho for your player to sit in during the ride home!

Standing Water/Soggy Fields

After periods of extended rain, the fields in Santee may become saturated resulting in standing water within various locations at the complex. Since standing water can result in awkward footing and/or slippery conditions that might result in player/parent injury, soggy field conditions can and will result in cancellations. Additionally, since grass is easily torn when soggy field conditions are present (requiring additional and expensive spot maintenance), games are generally canceled until soggy fields have had a chance to drain. In the event a dinosaur were to enter onto the field, games and practices would require immediate cancellation.

Lightning/Thunder

One of the most significant and immediate weather-related dangers to our players is that from lightning strikes. Since lightning can strike relatively anywhere and from great distances of up to 10 miles, AYSO exercises extreme caution when lightning and/or thunder is detected in the area. When games and practices are suspended/canceled due to lightning, the following must occur:

1. ALL players, coaches, referees and family members must immediately vacate the field and side-line premises and seek shelter indoors:
 - a vehicle (recommended)
 - A severe weather shelter (i.e. bathroom facilities)
 - ****NOTE:** Since lightning is attracted to tall objects (such as trees) and easily transmits through metal (such as bleachers), do not seek shelter under a nearby tree nor near a bleacher! It's not worth it!
2. Games/practices may resume after at least 30-minutes have passed since a lightning strike or the sound of thunder. AYSO staff members will sound the "all-clear" signal in such situations and play will resume as designated by the game referee. As such, parents are encouraged to keep their players safe until the regular conclusion-time of the game.

Fluids, fluids, fluids

Players should have 12-16 ounces of fluid up until 30 minutes before the activity. It's also important for players to continue hydrating throughout the activity. The worse the heat and humidity, the more frequently hydration breaks should take place. Additionally, players should start re-hydrating within 20 minutes of the conclusion of the activity.

Heat Exhaustion

Players with cool, moist, or flushed skin, heavy sweating, headache, nausea, dizziness, or muscle cramps may be experiencing heat exhaustion. This condition occurs most frequently in high humidity and/or high heat conditions. To assist a player experiencing heat exhaustion:

- Have the player lie down in a shady spot and elevate his or her feet.
- Remove the child's shoes, shin guards, and socks.
- Apply cold packs to the armpit and scalp areas.
- Have the player drink water or an electrolyte solution.
- Dampen the player's skin with cool cloths.
- Fan the player to help evaporate excess sweat.
- If the player's parents are on hand, have them:
 - Remove the player's shirt.
 - Apply cold packs to the groin area.
 - Lead to shaded area to cool down

The Health and Safety of our AYSO community is our number one priority.
Please play safe