



Kitsap Alliance FC

POLICIES & PROCEDURES

Environmental Conditions Policy – Effective 01/25/2022

A. Purpose

The purpose of this policy is for severe weather events including excessive rain, lightning, cold, or heat. We will do our best to communicate before 1pm each day if weather has impacted the training schedule for the evening ahead. Coaches and managers will be notified to post on TeamSnap. Additionally, club website and social media will be used as necessary.

B. Policy Statement

The following guiding procedures are to be used to determine whether training or games should be cancelled or postponed due to adverse weather conditions.

C. Implementing Procedures

1. Rain.

All soccer events will be played during rain unless the fields are deemed unplayable and closed by the club (KAFC) or governing venues (Parks Department or CKSD).

2. Cold Weather.

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. Field conditions may also be affected by freezing rain, sleet, and snow. The ground may become frozen and be unsafe for play.

As a general rule, training sessions for U12 and below will be cancelled if the projected temperature(including wind chill) at the start of training is below 30

degrees Fahrenheit. Temperature means either ambient (still air) or wind chill index.

3. Hot Weather.

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 Fahrenheit, depending upon the humidity. Hot weather is considered at any point where either Heat Index reaches or exceeds 90. The following procedures should be followed by coaches based on conditions:

- Heat Index up to 89°: Normal Play. Regular hydration patterns.
- Heat index of 90° - 95°: Mandatory water breaks every 15 minutes.
- Heat index of 96° - 100°: Mandatory water breaks every 10 minutes.
- Heat index over 100° (at start of training): All outside activity cancelled.

4. Thunder/Lightning.

Outdoor activity should resume 30 minutes after the last sound of thunder or flash of lightning. If you see or hear a thunderstorm coming, immediately suspend your game or practice and instruct everyone to go inside a sturdy building or car. Sturdy buildings are the safest place to be. Avoid sheds, picnic shelters, and bleachers. If no sturdy building is nearby, a hard-top vehicle with windows closed will offer some protection. The steel frame of the vehicle provides some protection if you are not touching metal. If inclement weather is in the area, we ask that parents stay close by if training sessions or games are cancelled.

5. Additional Information.

<http://www.recognizetorecover.org/environmental#environmental-conditions>