



Non-Profit and Volunteers

Eastview Soccer Club

Weather Guidelines

Play or Not Play?



Weather! We live in Minnesota, and we have weather! It will rain, it will be cold, it will be hot, it could snow, and now we could have unhealthy air quality...and all in one day, but no matter, we play soccer!

We only have a limited number of days in each season, so losing a day or two is not what we want. **PLEASE PLAN TO PLAY.** Weather can be divided into RAIN, LIGHTNING, COLD, HEAT, and NOW, AIR QUALITY.

This weather guideline document will cover:

1. Rain
2. Lightning
3. Cold
4. Heat
5. Air Quality
6. EVSC process for cancelling games

1. RAIN

The City of Apple Valley no longer has a weather line, and it is up to EVSC to decide whether we play or not if conditions are difficult. So here's what we need to do:

The decision to play/not play lies with the Coaches. For Grade 3 and above, the Officials will make the decision based on whether it is safe to play or not. Ask these questions, and if the answer is yes, you should NOT play:

- Is there sufficient rain to cause safety concerns for players?
- Will playing on the field cause irreparable damage?
- Are there pockets and pools of water that will stop the ball from moving through that area?
- Will playing in the conditions be detrimental to the player's experience?



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2. LIGHTNING

Lightning trumps all, and if there is lightning, we don't want our players, coaches, or spectators on the field. Please see the Page for Guidelines when Lightning is present >>>

Remember the 30-30 rule. After you see **lightning**, start counting to **30**. If you hear thunder before you reach **30**, go indoors. Suspend activities for at least **30** minutes after the last clap of thunder.

When Thunder Roars, Go Indoors!

Coaches Pre-K to Grade 2 - your call.

Coaches 3-9 the Referees will make the call. If there are no Referees then the Coaches make the call.



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Source: National Athletic Trainers' Association
Infographic provided by the National Athletic
Trainers' Association

LIGHTNING DO'S & DON'TS

Late spring through early fall is a prime time for outdoor sports—it's also when lightning is most prevalent. Each year, an average of 25 million lightning flashes strike the ground in the United States, making lightning the most dangerous and frequently encountered thunderstorm hazard. Stay safe and active outdoors by following these lightning do's and don'ts.

- ✓ **DO** establish a chain of command and identify who makes the call to remove players from the field.
- ✓ **DO** designate a weather watcher to monitor the local weather.
- ✗ **DON'T** forget that lightning is most common from afternoon to early evening.
- ✓ **DO** postpone outdoor activities if a thunderstorm is eminent.
- ✓ **DO** identify a safe, fully enclosed building—such as a school, field house, library or other habitable building—to use if lightning begins.
- ✓ **DO** seek shelter in a fully enclosed metal vehicle, such as a school bus, car or van.
- ✗ **DON'T** evacuate to open structures including picnic, park, sun, bus, rain and shelters as well as storage sheds, tents, dugouts, refreshment stands, screened porches, press boxes and open garages.
- ✓ **DO** stand away from showers, sinks, locker rooms, indoor pools, appliances and electronics.
- ✗ **DON'T** stand near open water, on elevated areas or under tall objects, such as trees, poles and towers.
- ✓ **DO** allow individuals to head indoors to wait out the storm if they feel in danger.
- ✗ **DON'T** resume activities until 30 minutes after the last strike of lightning is seen and the last sound of thunder is heard.
- ✓ **DO** call EMS if someone suffers a lightning-related injury.
- ✓ **DO** move the victim with care indoors, if necessary.
- ✗ **DON'T** believe myths—lightning victims don't carry a charge; they're safe to touch.
- ✓ **DO** evaluate the airway breathing and circulation, and begin CPR, if necessary.



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3. COLD

Common sense here. If the coaches feel it is too cold...don't play or stop playing!

4. HEAT

Yes, it can happen, that it is too hot. These are the Heat Index Guidelines:

| | |
|-------------|--|
| Up to 89° | No adjustments necessary |
| 90° - 99° | Two-minute water breaks per half with running time. Each half shortened by five minutes. |
| 100° - 104° | Two-minute water breaks per half with running time. Each half shortened by ten minutes. |
| 105°+ | Suspend Play |

5. AIR QUALITY

A recent weather condition has been added to our guidelines as a result of the Canadian wildfires. If the AQI is high but we are still playing, build in water breaks.

Air Quality and Outdoor Activity Guidance for Schools

Regular physical activity — at least 60 minutes each day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at www.airnow.gov.



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* Watch for Symptoms

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

If symptoms occur:

The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.

Go for 60!

CDC recommends that children get 60 or more minutes of physical activity each day. www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm

Plan Ahead for Ozone

There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.

Questions and Answers

How long can students stay outside when the air quality is unhealthy?

There is no exact amount of time. The worse the air quality, the more important it is to take breaks, do less intense activities, and watch for symptoms. Remember that students with asthma will be more sensitive to unhealthy air.

Why should students take breaks and do less intense activities when air quality is unhealthy?

Students breathe harder when they are active for a longer period of time or when they do more intense activities. More pollution enters the lungs when a person is breathing harder. It helps to:

- ✓ reduce the amount of time students are breathing hard (e.g., take breaks; rotate players frequently)
- ✓ reduce the intensity of activities so students are not breathing so hard (e.g., walk instead of run)

Are there times when air pollution is expected to be worse?

Ozone pollution is often worse on hot sunny days, especially during the afternoon and early evening. Plan outdoor activities in the morning, when air quality is better and it is not as hot.

Particle pollution can be high any time of day. Since vehicle exhaust contains particle pollution, limit activity near idling cars and buses and near busy roads, especially during rush hours. Also, limit outdoor activity when there is smoke in the air.

How can I find out the daily air quality?

Go to www.airnow.gov. Many cities have an Air Quality Index (AQI) *forecast* that tells you what the local air quality will be later today or tomorrow, and a *current* AQI that tells you what the local air quality is now. The AirNow website also tells you whether the pollutant of concern is ozone or particle pollution. Sign up for emails, download the free AirNow app, or install the free AirNow widget on your website. You can also find out how to participate (and register your school) in the School Flag Program (www.airnow.gov/schoolflag).

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If students stay inside because of unhealthy outdoor air quality, can they still be active?

It depends on which pollutant is causing the problem:

Ozone pollution: If windows are closed, the amount of ozone should be much lower indoors, so it is OK to keep students moving.

Particle pollution: If the building has a forced air heating or cooling system that filters out particles then the amount of particle pollution should be lower indoors, and it is OK to keep students moving. It is important that the particle filtration system is installed properly and well maintained.

What physical activities can students do inside?

Encourage indoor activities that keep all students moving. Plan activities that include aerobic exercise as well as muscle and bone strengthening components (e.g., jumping, skipping, sit-ups, pushups). If a gymnasium or open space is accessible, promote activities that use equipment, such as cones, hula hoops, and sports balls. If restricted to the classroom, encourage students to come up with fun ways to get everyone moving (e.g., act out action words from a story). Teachers and recess supervisors can work with PE teachers to identify additional indoor activities.

What is an asthma action plan?






An asthma action plan is a written plan developed with a student's doctor for daily management of asthma. It includes medication plans, control of triggers, and how to recognize and manage worsening asthma symptoms. See www.cdc.gov/asthma/actionplan.html for a link to sample asthma action plans. When asthma is well managed and well controlled, students should be able to participate fully in all activities. For a booklet on "Asthma and Physical Activity in the School," see <http://www.nhlbi.nih.gov/health/resources/lung/asthma-physical-activity.htm>.



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| Air Quality Index | Outdoor Activity Guidance |
|--|--|
|  green GOOD | Great day to be active outside! |
|  yellow MODERATE | Good day to be active outside! Students who are unusually sensitive to air pollution could have symptoms.* |
|  orange UNHEALTHY FOR SENSITIVE GROUPS | It's OK to be active outside, especially for short activities such as recess and physical education (PE). For longer activities such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy. |
|  red UNHEALTHY | For all outdoor activities , take more breaks and do less intense activities. Consider moving longer or more intense activities indoors or rescheduling them to another day or time. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy. |
|  purple VERY UNHEALTHY | Move all activities indoors or reschedule them to another day. |



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6. EVSC PROCESS FOR CANCELLING GAMES

The following process outlines the steps to be taken when deciding to cancel games due to inclement weather:

1. Monitoring Weather Conditions

All EVSC Board Members are responsible for monitoring weather forecasts and potential inclement weather during the soccer season.

2. Initiating a Discussion

If a Board Member believes games should be canceled due to weather conditions, they must initiate a discussion via the Board Group Text no later than ****2:00 PM**** on the day of the game.

3. Decision Making

The Program Director will assess whether there is a consensus among Board Members to cancel the games:

- **Consensus Achieved:** If a majority agrees to cancel, the Program Director will confirm the decision in the Board Group Text by 3:00 PM.
- **No Consensus:** If there is no clear agreement, the Program Director will make the final decision at their discretion. The decision will be communicated in the Board Group Text by 3:00 PM.

4. Communication to Parents and Coaches

If the decision is made to cancel games:

- The Parent Liaison will notify all parents by 4:00 PM.
- The Coach Liaison will notify all coaches by 4:00 PM.



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5. Timeliness and Transparency

All notifications must be clear and sent promptly to ensure that parents and coaches have sufficient time to adjust their plans.

Key Timelines

- 2:00 PM: Discussion initiated by any concerned Board Member.
- 3:00 PM: Decision announced by the Program Director.
- 4:00 PM: Notifications sent to parents and coaches