



VALOR SOCCER

SEVERE WEATHER POLICY



Weather Notifications from Club

Valor Soccer will make every attempt to announce decisions regarding severe weather at a minimum of one (1) hour prior to the start of training/games. In the event that circumstances change the team's head coach (training) or match referee (match) have the final say regarding cancellations.

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. **Dressing appropriately for training is integral to avoiding injuries and/or illness. Valor coaches reserve the right to dismiss players from training if they are not dressed appropriately for the weather.**

As a general rule, training sessions will be cancelled if the projected temperature (including wind chill) at the start of training is projected to be below 30 degrees Fahrenheit. Matches are under the jurisdiction of league and tournament officials and referees but Valor officials will work closely with those people to keep player safety as a top priority and will advise them of the club training rule as a guide.

Temperature means either ambient (still air) or wind chill temperature index. This means that depending on the speed of the wind at the playing site, an event can be cancelled even if the ambient temperature is above 30 degrees. Refer to the chart below for more information on WCT.

		WIND CHILL TEMPERATURE (WCT) INDEX												
		TEMPERATURE IN DEGREES FAHRENHEIT												
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20
WIND SPEED	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57
	45	27	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60



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Hot Weather

Heat is a problem when it prevents the body from cooling itself. The hotter the body gets, the more likely it is to increase fatigue levels, develop cramps and increase the possibility of heat exhaustion and heat stroke. The hotter and more humid the weather, the faster these problems can develop. Temperatures as low as 70 degrees, with a relative humidity of 100%, can be dangerous. **Valor directors, coaches and administrators are responsible for monitoring the wet bulb globe temperature (WBGT) to make decisions about the status or protocol (overall duration and length and frequency of breaks).** The club will also work closely with league and tournament officials and referees to make the proper decisions regarding matches.

As a general rule, training sessions will be cancelled if the projected WBGT at the start of training is projected to be greater than 86.2 degrees. Matches are under the jurisdiction of league and tournament officials and referees but Valor officials will work closely with those people to keep player safety as a top priority and will suggest proper overall duration and length and frequency of hydration breaks.

		WET BULB GLOBE TEMPERATURE (WBGT) FROM TEMPERATURE AND RELATIVE HUMIDITY																														
		TEMPERATURE IN DEGREES FAHRENHEIT																														
		68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0
RELATIVE HUMIDITY (%)	0	59.0	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	68.0	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	78.8	80.6	80.6	82.4	82.4	84.2	84.2	86.0	87.8	87.8	89.6	89.6	
	5	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	69.8	69.8	71.6	71.6	73.4	75.2	75.2	77.0	78.8	78.8	80.6	80.6	82.4	84.2	84.2	86.0	87.8	87.8	89.6	91.4	91.4	93.2	95.0
	10	60.8	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	80.6	82.4	84.2	84.2	86.0	86.0	87.8	89.6	89.6	91.4	91.4	93.2	95.0	96.8	96.8
	15	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	89.6	91.4	91.4	93.2	95.0	96.8	96.8	98.6	100.4	102.2
	20	62.6	64.4	64.4	66.2	68.0	68.0	69.8	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	80.6	82.4	84.2	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2		
	25	64.4	64.4	66.2	68.0	68.0	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	82.4	82.4	84.2	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2				
	30	64.4	66.2	68.0	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2						
	35	64.4	66.2	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2								
	40	66.2	68.0	69.8	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2									
	45	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	80.6	82.4	84.2	86.0	89.6	91.4	93.2	95.0	96.8	98.6	100.4											
	50	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	98.6	100.4												
	55	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	93.2	95.0	96.8	98.6	100.4													
	60	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	100.4														
	65	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	93.2	96.8	98.6	100.4															
	70	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	100.4	102.2															
	75	71.6	73.4	75.2	77.0	78.8	80.6	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	102.2																
80	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	89.6	91.4	93.2	96.8	98.6	100.4																		
85	73.4	75.2	77.0	78.8	82.4	84.2	86.0	87.8	89.6	93.2	95.0	98.6	100.4	102.2																		
90	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	98.6	102.2																			
95	75.2	77.0	78.8	80.6	84.2	86.0	87.8	91.4	93.2	95.0	98.6	100.4																				
100	75.2	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	100.4	102.2																				

NOTE: This table is compiled from an approximate formula which only depends on temperature and humidity. The formula is valid for full sunshine and a light wind. Table adapted from Bureau of Meteorology



VALOR SOCCER SEVERE WEATHER POLICY



Hot Weather (CONTINUED)

U.S. Soccer’s Sports Medicine Department, in association with the Korey Stringer Institute, has created the following Alert Level and Work to Rest Recommendations chart. **All of Western Washington is within the Category 1 area of the United States.** Valor directors, coaches and administrators will use the following recommendations when determining training duration and frequency and length of breaks. **For example, when the WBGT is greater than 84.1 degrees, Valor training sessions will not exceed sixty (60) minutes.**

ALERT LEVEL	WBGT BY REGION (°F)			EVENT CONDITIONS	RECOMMENDED WORK TO REST RATIOS (ACTIONS & BREAKS)
	CAT 1	CAT 2	CAT 3		
BLACK	>86.2°	>89.8°	>92.0°	Extreme Conditions	No outdoor training, delay training until cooler, or cancel training.
RED	84.2-86.1°	87.8-89.7°	90.1-91.9°	High Risk for Heat Related Illness	Maximum of 1 hour of training with four separate 4-minute breaks within the hour. No additional conditioning allowed.
ORANGE	81.1-84.1°	84.7-87.7°	87.1-90.0°	Moderate Risk for Heat Related Illness	Maximum of 2 hours of training with four separate 4-minute breaks each hour, OR a 10-minute break every 30 minutes of training.
YELLOW	76.3-81.0°	79.9-84.6°	82.2-87.0°	Less than Ideal Conditions	Three separate 4-minute breaks each hour, OR a 12-minute break every 40 minutes of training.
GREEN	<76.1°	<79.8°	<82.1°	Good Conditions	Normal activities. Three separate 3-minute breaks each hour of training, OR a 10-minute break every 40 minutes.

Lightning

Valor Soccer adheres to the ‘30 Minute Lightning/Thunder Rule’ (also used by the National Federation of High Schools) before and during all training activities. If a club director, administrator or coach sees lightning or hears thunder he or she will ask the team(s) to seek safe shelter immediately. **The group(s) will then wait 30 minutes before resuming any activities and if lightning is seen or thunder is heard again during that wait period the 30 minute clock starts again from that point.**

Therefore, as a general rule, the remainder of a training session will be cancelled if lightning is seen or thunder is heard at any point during the final 30 minutes of the session’s allotted time. In this case, club coaches are required to remain with all members of their team in safe shelter until all players have been released to a family member. The club also may cancel a current and/or upcoming session if the weather reports clearly indicate a prolonged period of lightning and/or thunder in the area. Matches are under the jurisdiction of league and tournament officials and referees but Valor officials will work closely with those people to keep player safety as a top priority and will suggest the ‘30 minute’ rule.



VALOR SOCCER SEVERE WEATHER POLICY



Lightning (CONTINUED)

The club has fields all over the area and conditions can vary from site to site so Valor generally does not make club wide cancellations for lightning events. These decisions will be made by specific coaches and referees at each location (based on the policies as stated).

Safe and Unsafe Shelter Areas	
<u>Safe Shelters Include:</u> <ul style="list-style-type: none">● Fully enclosed metal vehicles with windows up● Substantial buildings● Low ground in cover of clumps of bushes	<u>Unsafe shelter areas include:</u> <ul style="list-style-type: none">● Open fields● Metal objects like fences and bleachers● High ground and trees and water

Severe Storms

In addition to lightning and thunder, severe storms can produce very high winds, heavy rain, hail and even tornadoes. If a severe storm approaches the playing area, the safety of Valor players is the number one priority and activities may be suspended and shelter is sought. High winds can create problems by dust and debris being in the air or blowing over objects. Heavy rain can create hazardous field conditions or lead to flash flooding. Hail can cause injury. Tornadoes are obvious dangers of any severe storm. Valor directors, administrators and coaches on site are responsible for suspending and/or cancelling training activities for any of the above and coordinating with opposing coaches and referees regarding the suspension and/or cancellation of matches. Player health and safety comes first.

Technology has improved the monitoring capability of all severe weather discussed above. There are many new apps for phones and tablets that provide accurate and timely weather reports, forecasts and warnings. Valor Coaches have been strongly recommended to have the latest weather apps loaded on their phones. Coaches are responsible for keeping informed of the weather conditions at home, along the route to the event and while at the site.