



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, HOT, and NOW, AIR QUALITY.

RAIN

The City of Apple Valley no longer has a weather line and it is up to EVAA 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 moving through that area?
- Will playing in the conditions be detrimental to the players experience?



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LIGHTNING

Lightning trumps all, and if there is lightning we don't want our players, coaches or spectators on the field. Please see 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 3-8 the Referees will make the call. If there are no Referees then the Coaches make the call.

COLD

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

HOT

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



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AIR QUALITY

A recent weather condition to be added to our guidelines as a result of the Canadian wildfires.

We are going to follow the US Environmental Protection Agency guidelines, and moving forward if any air quality reading shows 200 or above, we will endeavor to cancel games. Apple Valley's Park & Recreation Dept. are also recommending this limit. **If this is the case, we will notify the coaches who will notify the parents.**

Air Quality Index (AQI) Values	Levels of Health Concern	Colors
<i>When the AQI is in this range:</i>	<i>...air quality conditions are:</i>	<i>...as symbolized by this color:</i>
0 to 50	Good	Green
51 to 100	Moderate	Yellow
101 to 150	Unhealthy for Sensitive Groups	Orange
151 to 200	Unhealthy	Red
201 to 300	Very Unhealthy	Purple
301 to 500	Hazardous	Maroon

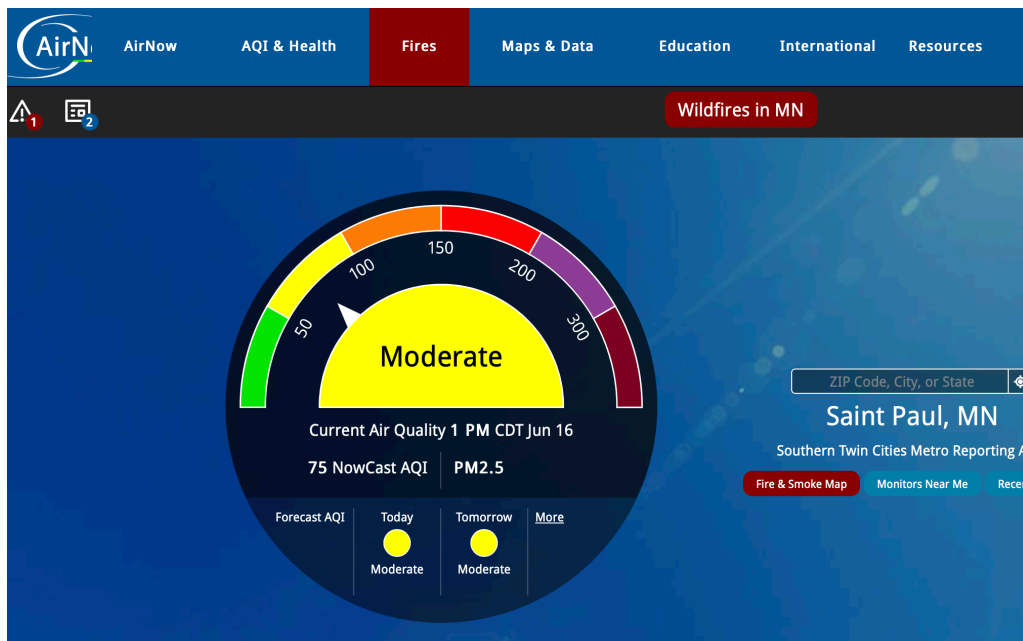


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So that we are consistent in using their source of the US Environmental Protection Agency, we will use their data: <https://www.airnow.gov/?city=Saint%20Paul&state=MN&country=USA>





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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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