

## MSC Inclement Weather Policy Updated 6/13/2024

The safety of our players, parents, coaches, and volunteers is of utmost importance at Mandan Soccer Club. This policy will help to clarify expectations when weather isn't ideal and how we plan to inform our families of inclement weather. *With each of these policies, our Director of Coaching or designee will make the call and start the chain to disseminate information to appropriate groups.*

- If **conditions aren't ideal** and practices can be **canceled earlier in the day**, we will communicate to the affected groups via the Sports Engine App, Facebook announcement, and email. Communications will happen no later than 4:30 PM for evening practices/games and 8:00 AM for morning practices/games.
- If we are **already practicing** or a game is on, we will **communicate as the event is happening** with everyone via the Sports Engine App, Facebook, and by word of mouth.

### Rain/Snow

Rain and/or snow are not a factor that inhibits the play of soccer, unless the following criteria are met:

- Conditions that make the field dangerous for players
- Conditions that will cause the field to be shredded

### Lightning

As per Mandan Parks & Rec, we cannot be on the fields if lightning is present within eight (8) miles of the fields. At times, the sirens/horns and the Golf Course may sound - but they are not reliable. All competitive coaches, board members, and committee members are expected to install and use the "My Lightning Tracker" app on their device and set the radius to eight (8) miles. If lightning is present, ALL individuals must leave the field. Safe places to wait are in cars or under cover on the HS side fields clubhouse side.

- Individuals must remain OFF the fields from 30 minutes from the last strike
- Once an all clear has been communicated, either via the Sports Engine app or verbal, play is able to resume.
- If lightning is present and there is less than 25 minutes of play left, the remaining practice/game will be called off.

## Air Quality

Spring and summer wildfires are sometimes a concern and make our air quality poor for the players. If the Air Quality Index (AQI) is 180 or greater, we will NOT have soccer. See the chart below for an explanation of the different levels.



**100-149** | Sensitive individuals should limit outdoor activities

**150** | Sensitive individuals should avoid outdoor activities

**180** | Outdoor activities postponed

 **Monitoring Site: [airnow.gov](https://airnow.gov)**



## Temperature - Cold Weather

MSC uses a chart provided by US Soccer to determine cold weather cancellations. The chart uses the temperature and wind chill index. If, using that criteria, the temperature is in the “RED” level - we will cancel any events. Otherwise, plan to bundle up. Winter coats, gloves, and hats may all be necessary to keep warm. See the attached infographic clarifying our cold weather guidelines

WIND CHILL TEMPERATURE (WCT) INDEX TEMPERATURE IN DEGREES FAHRENHEIT														
WIND SPEED		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20
	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

## Temperature - Warm Weather

US Soccer has a guideline to determine feasibility of practicing on hot days. We will heed the guidelines. If our region is in the “BLACK” category, practices will be canceled. If our region is in the “RED” category, we will shorten practices to one (1) hour maximum. See the attached infographic for detailed information.

## RECOGNIZE TO RECOVER U.S. SOCCER HEAT GUIDELINES

This is a guide for coaches, referees and players for training in warmer climates. Additionally, it serves as a guide for match play, hydration breaks and participant safety during extreme temperature conditions. The information provided is not a substitute for medical or professional care, and you should not use the information in place of a visit, consultation or the advice of your physician or other health care provider. For specific questions and concerns, please consult your health care provider or physician.

### STEP 1

#### FIND THE WET BULB GLOBE TEMPERATURE (WBGT)

Measure the temperature and humidity at your site. Find the estimated WBGT corresponding below.

WET BULB GLOBE TEMPERATURE (WBGT) FROM TEMPERATURE AND RELATIVE HUMIDITY	
RELATIVE HUMIDITY (%)	TEMPERATURE IN DEGREES FAHRENHEIT
	68.0 69.0 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
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 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
5	60.0 60.8 62.6 64.4 64.4 66.2 66.2 68.0 68.0 69.8 71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
10	60.8 62.6 62.6 64.4 66.2 66.2 68.0 68.0 69.8 71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
15	62.6 62.6 64.4 66.2 66.2 68.0 68.0 69.8 71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
20	62.6 64.4 64.4 66.2 68.0 68.0 69.8 71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
25	64.4 64.4 66.2 68.0 68.0 69.8 71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
30	64.4 66.2 68.0 68.0 69.8 71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
35	64.4 66.2 68.0 69.8 71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
40	66.2 68.0 68.0 69.8 71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
45	66.2 68.0 69.8 71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
50	68.0 68.0 71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
55	68.0 68.0 71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
60	68.0 71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
65	68.0 71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
70	71.6 73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
75	71.6 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
80	73.4 73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
85	73.4 75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
90	75.2 75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
95	75.2 77.0 77.0 78.8 80.6 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6
100	75.2 78.8 80.6 82.4 82.4 84.2 84.2 86.0 86.0 87.8 87.8 89.6 89.6

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

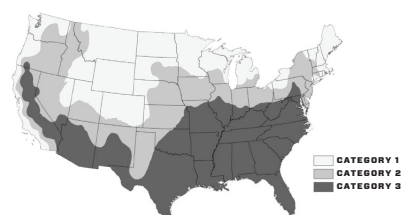
Living organisms can survive only within a certain temperature range. When the ambient temperature is excessive, humans and many animals cool themselves below ambient by evaporative cooling of sweat to help prevent potentially fatal hyperthermia due to heat stress. Cooling of the human body through perspiration is inhibited as the temperature and absolute humidity of the surrounding air increases in summer.

The Wet Bulb Globe Temperature (WBGT) provides a useful indication of the degree of heat stress, and is used by several agencies as the basis for heat stress prevention guidelines. A sustained wet-bulb temperature exceeding 95 °F is likely to be fatal even to fit and healthy people. At this temperature, our bodies switch from shedding heat to the environment, to gaining heat from it. Thus 95 °F is the threshold beyond which the body is no longer able to adequately cool itself.

### STEP 2

#### FIND YOUR REGIONAL CATEGORY

Determine which region category you are in based on the map.



## TRAINING & MATCH PLAY LIMITS

### CANCELLATION OF TRAINING

Depending on your region category, recommend cancellation of training or delay until cooler when WBGT for

Cat 1 >86.2°F

Cat 2 >89.9°F

Cat 3 >92.0°F

### MATCH PLAY HYDRATION BREAKS: WBGT OF 89.6 °F

Provide hydration breaks of 4 minutes for each 30 minutes of continuous play (i.e., minute 30 and 75 of 90 minute match)

### STEP 3

#### FIND YOUR ALERT LEVEL AND WORK TO REST RECOMMENDATIONS

Based on your WBGT and Regional Category determine your Alert Level and Work to Rest Recommendations using the table below.

ALERT LEVEL	WBGT BY REGION (°F)			EVENT CONDITIONS	RECOMMENDED WORK TO REST RATIOS (ACTIONS & BREAKS)
	CAT 1	CAT 2	CAT 3		
BLACK	>86.2°	>89.9°	>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.