



Board Weather Policy for Outdoor Competition or Practice

This policy is for any ARAA-hosted competition or practice

Lightening / Audible Thunder:

- Suspend competition or practice immediately and seek shelter.
- Competition or practice can not resume until 30 minutes passes without the presence of lightning or audible thunder.

Tornado Watch/Warning:

- **Tornado Watch:** Watch for any warnings and follow the policy for warnings.
- **Tornado Warning:** Suspend competition or practice immediately and seek shelter. Ensure every athlete is accounted for.
- **Tornado Siren:** Seek shelter immediately. Ensure every athlete is accounted for.

Cold Weather/Wind Chill:

- **46 Degrees and Higher:** No adjustments necessary
- **45-40 Degrees:** Additional clothing is recommended.
- **40 Degrees – 32 Degrees:** Suspend or shorten competition and practice recommended.
- **32 Degrees and Lower:** Suspend all outdoor activity.

Heat Index:

- **Up to 85 Degrees:** No adjustments necessary
- **86-90 Degrees:** Water breaks every 15-20 minutes. Shorten competition or practice to no longer than 1 hour.
- **90-104 Degrees:** Water breaks every 10-15 minutes. Shorten competition. Shorten practice to 30-45 minutes.
- **105 Degrees or higher:** Suspend all competition and practice.

Air Quality

- **Green (0-50):** Outdoor competition or practice is permitted.

- **Yellow (51-100):** Outdoor competition or practice is permitted. Those sensitive to air pollution may need extra breaks or shortened competition or practice.
- **Orange (101-150):** Outdoor competition or practice is permitted. For longer practices or competition, provide more breaks. Watch for symptoms.
- **Purple (201-300):** All outdoor competition or practice is suspended or moved indoors.
- **Maroon (301-500):** All outdoor competition or practice is suspended or moved indoors.