

Weather Policy

The risk of heat related illness from vigorous sports activity increases with the temperature. The body generates heat which cannot be dissipated readily when the ambient temperature exceeds 85 degrees F, depending upon the humidity. Hot weather is considered at any point where the Heat Index reaches or exceeds 90. Coaches should follow the following procedures based on conditions:

- Heat Index up to 89°: Normal Play. Regular hydration patterns
- Heat index of 90° - 95°: Mandatory water breaks every 25 minutes.
- Heat index of 96° - 102°: Mandatory water breaks every 15 minutes.
- Heat index over 103° (at start of training): All outside activity cancelled

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.

Here are the club rules when practicing outside in cold conditions:

- Wind chill temperature above 33 degrees = Normal practice
- Wind chill temperature 29 - 32 degrees = No more than 1hr practice outside
- Wind chill temperature 28 degrees or below = No outside practice