

# OKLAHOMA CELTIC FC

# WEATHER POLICY

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## HEAT:

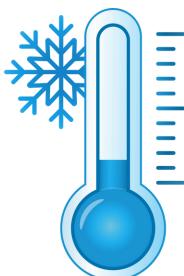


The risk of heat related illness from vigorous sports activity increases with the temperature. The body generates heat which cannot be dissipated readily when the ambient temperature exceeds 85 degrees F, depending upon the humidity. Hot weather is considered at any point where the Heat Index reaches 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

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## COLD:



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:

### U12 and under:

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

### U13 and over:

- Wind chill/feels like temperature above 28 degrees = Normal practice
- Wind chill/feels like temperature 28-25 degrees or below = 1 Hour practice
- Wind chill/feels like temperature 25 degrees or below = No outside practice

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## LIGHTNING:



The lightning detection system will flash and issue an alert upon detecting lightning within 10 miles of the Gillis-Rother Soccer Complex. All practices and games will be halted immediately, and players, coaches, and spectators must leave the complex and seek shelter. There will be a 30-minute minimum delay before activities resume.

