

MCCSA Severe Weather Policy

The following are the policies of the MCCSA to deal with severe weather situations. Every attempt has been made to plan for all weather possibilities. However, in all conditions, coaches, parents, and referees should place the safety, health, and general well-being of the players as the highest priority. The MCCSA Field Coordinator or President have the right to enforce this policy by halting any and all activity as outlined in the policy, and have the power to delegate this authority to any other MCCSA board member as necessary.

1. Lightning

a. Recognizing the threat

(1) Apply the 30 minute rule.

If you see lightning OR hear thunder, seek proper shelter immediately. Wait 30 minutes

from the LAST occurrence of lightning or thunder before leaving shelter and resuming activity.

(2) Know and heed warning systems and community rules. If you hear the Murray storm sirens, take the necessary precautions and take immediate cover.

(4) Minimize the risk of being struck

Coaches/parents must protect the safety of all participants by stopping game activities quickly, so

that participants and spectators may retire to a safer place before the lightning threat becomes

significant. Remember, if you can hear the thunder, you are within reach of lightning.

b. Seeking proper shelter

(1) No place outside is safe during thunderstorms

(2) The best shelter is a large, fully enclosed, substantially constructed building. A vehicle with a solid metal roof and metal sides is a reasonable second choice.

c. If there is no proper shelter, avoid the most dangerous locations:

(1) Higher elevations

(2) Wide open areas, including fields

(3) Tall isolated objects, such as trees, poles, or light posts.

(4) Unprotected open buildings

(5) Rain shelters

(6) Bus stops

(7) Metal fences and metal bleachers

d. If you cannot avoid these locations, crouch down on the balls of your feet, with your head tucked into your

chest and your hands over your ears.

e. If someone is struck by lightning

All deaths from lightning result from cardiac arrest and stopped breathing. CPR and mouth-to-mouth

resuscitation, respectively, are the recommended first aid. Coaches/parents should become involved with

assistance only if they have proper training.

f. Remain calm. A calm coach/parent will often be able to prevent panic by young players.

2. Other types of severe weather

a. Severe storms or tornadoes

Obey local rules and heed warnings (meaning that a severe storm or tornado has been sighted).

Clear the field and seek proper shelter immediately – see above. Remember, according to standard

weather warning terminology a "warning" represents a more immediately likely occurrence

than a "watch."

b. Hail

Stop the game or practice, clear the field, and seek proper shelter – see above.

If there is a possibility of severe weather, coaches and parents should discuss these guidelines before practice/games and ensure that all adults have a clear understanding of their respective duties. Coaches in particular should clearly identify what assistance they expect in detecting and bringing to their immediate attention any dangerous weather conditions which may not be directly visible to them. If such conditions develop only after a practice/game has begun, the coach should take the first stoppage opportunity to quickly review these matters with the parents. A brief word to the parents regarding steps the coaches will take to ensure player safety in threatening weather conditions would be useful.

3. Extreme Heat

The temperature and humidity should be factored into calculating the Heat Index. If it is determined that the Heat Index is above 95 degrees Fahrenheit, readings should be taken every half hour to determine the level of activity restriction that is necessary.

95 degrees to 99 degrees Heat Index:

Coaches will:

- Provide ample amounts of water. Water should ALWAYS be available and players should be able to take in as much water as they desire.
- Mandatory water breaks every 30 minutes for a duration of 10 minutes.
- Watch/monitor athletes carefully for Heat Stroke/Exhaustion
- Consider moving practice to later in the day

100 degrees to 104 degrees Heat Index:

Coaches will follow the above policy, AND:

- Remove any uniform components as possible
- Allow for changes to dry t-shirts and shorts
- Reduce the time of practices

Above 104 degrees Heat Index:

NO outside activity permitted.

The MCCSA will have a digital Sling Psychrometer available to board members for calculating the Heat Index. A Heat Index Calculation Chart is available at www.beecreek.org.

4. Extreme Cold

In any cold temperatures above 40 degrees Fahrenheit, players may add additional clothing, following these guidelines:

Allowable Clothing:

- long sleeves (under uniform)
- long pants (under uniform)
- gloves or mittens
- stocking caps without straps
- jackets (under uniform)
- headbands

Clothing NOT allowed:

- Hooded sweatshirts
- Earmuffs
- Scarves

In temperatures between 35 degrees and 40 degrees:

Coaches will:

- Shorten games by 5 minutes per half and consider shortening practices.
- Consider Wind Chill factor in suspension of activities.

When temperatures are below 35 degrees:

Coaches will stop all outside activity

In any cold weather conditions:

- No one should sit or lie directly on the ground
- Players should stay hydrated, but avoid soda or caffeine
- Field conditions should be watched carefully for safety. If fields are wet, icy, or otherwise slippery, activities should be suspended.
- Watch the goalie, this is generally the player who gets coldest first, as they do not run or move around as much as the other positions.

REMEMBER....NO POLICY OR GUIDELINE WILL GUARANTEE 100% SAFETY DURING SEVERE WEATHER CONDITIONS, BUT FOLLOWING THIS POLICY MAY GREATLY REDUCE THE RISK OF ILLNESS OR INJURY RELATED TO SEVERE WEATHER CONDITIONS.