

WEATHER POLICY

Mass Youth Soccer Weather Policy

Weather conditions are the responsibility of the game officials, coaches, tournament directors and club administrators. All should be aware of the potential dangers posed by different weather conditions and work together to keep the players and other participants as safe as possible. If the weather conditions warrant, game officials and coaches should discuss before the game starts what the procedures will be to insure the safety of the players.

The following information applies to both games and other soccer activities.

Hot Weather

Heat is a problem when it prevents the body from cooling itself. The hotter the body gets, the more likely it is to increase fatigue levels, develop cramps and increase the possibility of heat exhaustion and heat stroke. The hotter and more humid the weather, the faster these problems can develop. Temperatures as low as 65 degrees, with a relative humidity of 100%, can be serious.

1. A heat index chart should be given to every coach and referee www.nws.noaa.gov
2. Games need to be adjusted as the heat index rises:
 - a. Mandatory water breaks
 - b. Go to quarters
 - c. Shorten the games
3. Provide training to coaches to teach the signs of heat exhaustion and heat stroke.

Club administrators and tournament officials are responsible for monitoring the heat index (by weather radio, online or the Weather Channel) and keeping the participating teams and game officials informed of the heat index. Coaches are encouraged to also monitor the conditions. The following are recommended when there is a possibility of dangerous high heat index:

Heat Index	Recommendations
Up to 84°	Normal Play
85° - 89°	Mandatory two-minute water breaks per half with running time.
90° - 99°	Mandatory two-minute water breaks per half with running time. Each half shortened by five minutes.
100° - 104°	Mandatory two-minute water breaks per half with running time. Each half shortened by ten minutes.
105°+	Suspend Play

Apply the above recommendations to both games and other soccer activities.

For further information, please check the NOAA website for additional information in regards to how temperature and humidity combine to make it feel hotter.