



## Solano United Weather Related Practice Policy

The following policy is to be used as a guideline for coaches holding practice or playing games during inclement weather. For the safety of our players the Board of Directors recommends that the following guidelines be adhered to. Failure to follow these guidelines endangers player health and safety and may result in disciplinary action.

**Lightning:** In the case of lightning, practice should immediately be stopped and all players and coaches removed from the field.

**Excessive Heat:** Heat related illness can be a very serious situation. The Heat Index is the actual temperature exposure for players related to temperature and humidity. Please remember that in the open field in full sun the apparent temperature could feel 10 to 15 degrees hotter. To limit the possibility of heat related illness the following guidelines should be followed:

1. If the Heat Index is above 85 Degrees then frequent water breaks should be provided to the players and the coach should be observant of any early signs of heat exhaustion.
2. If the Heat Index is above 98 Degrees then practice should be cancelled. In this extreme temperature Heat Exhaustion can rapidly progress to Heat Stroke with moderate intensity workouts.

**Air Quality:** Along with the temperature we must also be concerned with the air quality. During the summer months or in extreme circumstances there are times when the air quality could become unhealthy. Using the Bay Area Air Quality Management District as our guideline all practices should be cancelled if the PM2.5 reading is above 150. This is the level set as unhealthy. If the air quality is forecast as Unhealthy for Sensitive Groups then coaches should limit the amount of strenuous activity during practice. If the air quality is registered as Good or Moderate then practice can continue as planned.

Adherence to these guidelines is imperative for the health and safety of our players. Please exercise caution when practicing or playing in extreme weather.  
Solano United Board of Directors