
Adverse Weather Guidelines

MJP adheres to safety guidelines and best practices to protect athletes from extreme weather.

Heat- MJP will use the National Weather Service to monitor Heat Index hourly and will make an announcement within 1 hour of practice.

Heat Index under 95°	<ul style="list-style-type: none"> • Provide ample amounts of water. • Optional water breaks every 30 minutes • Watch/monitor athletes carefully
Heat Index 95° to 99°	<ul style="list-style-type: none"> • Provide ample amounts of water. • Mandatory water breaks every 30 minutes • Watch/monitor athletes carefully • <u>Helmets and other possible equipment removed</u>
Heat index 100° to 104°	<ul style="list-style-type: none"> • Provide ample amounts of water. • Mandatory water breaks every 30 minutes for 10 minutes duration. • Ice-down towels for cooling • Watch/monitor athletes carefully • Reduce time of outside activity • Postpone practice to later in day if possible • <u>Helmets and other possible equipment removed</u>
Heat index above 104°	<ul style="list-style-type: none"> • Stop all outside activity in practice • Coaches may call for optional plans if practice is not possible.

Storms- MJP will assign staff to monitor local weather conditions before and during practices. If storms are forecasted, MJP requires parents to stay in the vicinity in the event that practice will be cancelled.

Before Practice:

- If there is a severe storm advisory issued within an hour of practice or a game, the event will be cancelled.
- If lightning has been detected and reported and forecasted to continue, practice or game will be cancelled.

During practice:

- If Lightning is seen, practice or games will be suspended for 30 minutes. If after 30 minutes it is still detected, the practice or game will be cancelled.
- Practice and games are not suspended or cancelled for rain.