**Adopted August 20, 2018**

**Sky River Soccer Club**

**Environmental Activity Policy**

**1) Temperatures 2) Air Quality 3) Lightning**

**Purpose –** As parents, coaches, and board members we all take the safety of our kids very seriously. The health and safety of our soccer players and the condition of soccer fields is a priority for SRSC. Inclement weather and/or poor air quality can present hazards to players and spectators. Parents, coaches, referees and club officials all have responsibility for the safety of players during practices and games. SRSC adopts the following policy regarding activities during inclement weather conditions, wildfires, and/or poor air quality days:

1. **Temperatures – Excessive Heat**

A. Guidelines

On hot days all children should hydrate before practice.

Fluid breaks should be scheduled for all practices and become more frequent as the heat levels rise.

Remember younger children (U6-U10) need extra breaks. Please bring extra water for your children.

Children without water or adequate hydration at practice shall not participate in even limited-exertion practices.

Coaches will need to monitor and or limit activities to protect from heat exhaustion.

B. Policy

On practice days where the temperature is forecasted, that day, to be above **90** degrees Fahrenheit (°F), parents should ensure extra water is available and coaches should schedule additional breaks to rehydrate. Practices may have to be cancelled by the coach or limited to very brief drills and activities with lots of water breaks.

On practice days where the temperature is forecasted on that day, to be **95+ °F**, practices for U6/U7/U8 may be cancelled. Practices for U9/U10 may be cancelled by the coach or be limited to very brief drills and activities. Parents should ensure extra water is available. Additional breaks shall be scheduled to rehydrate and cool down. Practices for U11 and above need to adjust activities to provide for enough time to hydrate. Heavy physical drills are not encouraged.

On practice days where the temperature is forecasted, that day, to be above **100 °F**, all practices shall be cancelled.

On game day if the temperature exceeds **90 °F,** quarterly water breaks may be implemented if agreed to by both coaches.

If the temperature exceeds **95 °F,** quarterly (U6-U10) water breaks must be implemented and enforced by the referee. (U11 & up) quarterly water breaks are highly recommended.

If the temperature exceeds **100 °F,** quarterly water breaks must be implemented and enforced by the referee. (All levels) Additional water breaks may be given if the referee and/or coaches feel they are needed.

(Game clock will continue to run during all water breaks)

**2. Air Quality**

Wildfires can cause a tremendous amount of smoke in a very short time. It is SRSC policy to cancel any practice or game where wildfire smoke threatens the health of our players. Due to rapidly changing condition, limited notice may be given to the coaches that practices or games have been canceled. The Referee has the discretion to cancel or suspend a game anytime they feel the conditions become unsafe.

A. Guidelines

Poor air quality is a health risk to everyone.

Coaches shall issue no penalty for children and families if they elect to stay home from practice or games due to health reasons.

Parents and/or care givers of children with medical conditions that are sensitive to air pollution need to determine if the player should participate.

B. Policy

SRSC practices shall be cancelled when the Air Quality Index (AQI) for ground-level ozone and or PM 2.5 pollution is in the Unhealthy range of **151 or above**. Current conditions can be found at <https://airnow.gov/index.cfm?action=airnow.local_city&zipcode=98272&submit=Go>

Should the AQI exceed **127** as measured at <https://airnow.gov/index.cfm?action=airnow.local_city&zipcode=98272&submit=Go>

Coaches are strongly encouraged to cancel practice, and/or conduct a limited exertion or “walk through” practice.

When the AQI is between **100 and 126**, coaches should avoid strenuous practices and take frequent water breaks and increase the rest periods and substitution to lower breathing rates.

**3. Lightning**

A. Recognizing the threat

Apply the 30-30 rule when you see lightning, count the time until you hear thunder. If this time is 30 seconds or less, seek proper shelter. If you can't see the lightning, just hearing the thunder is a good back-up rule. Wait 30 minutes or more after hearing the last thunder before leaving shelter.

Know and heed warning systems and community rules. Many communities or park systems have lightning detection and warning systems. Use this information and obey the rules established by the

community or park system.

Know and apply the rules or procedures established by the competition authority.

Minimize the risk of being struck 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

No place outside is safe near thunderstorms.

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.

If there is no proper shelter, avoid the most dangerous locations: Higher elevations; wide open areas, including fields; tall isolated objects, such as trees, poles, or light posts; unprotected open buildings; rain shelters; bus stops; metal fences and metal bleachers.

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.

C. First Aid

If someone is hit, remember that all deaths from lightning result from cardiac arrest and stopped breathing. CPR and mouth-to-mouth resuscitation, respectively, are the recommended first aid.

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