



## Wayzata Soccer Club

### Weather Policy

The WSC has adopted and supports the MYSA Weather Guidelines that were introduced at the end of the 2002 season. Listed below is an excerpt of that guideline. The complete guideline is available for review at [www.mnyouthsoccer.org](http://www.mnyouthsoccer.org).

### ***MYSA Weather Guidelines***

#### **Preliminary Concerns**

Rec Plus and competitive league play obviously involves travel. Conditions in one location may be very different from another, especially the further apart the two locations are. The coaches are responsible for keeping informed of the weather conditions at home, along their route to the game and at the game site. The coaches are also responsible for communications with the opposing coach and their own team in the event of inclement weather. Discussions between the coaches must provide for common sense to prevail. The District Directors must be informed of any games affected by inclement weather.

#### **Severe Storms**

Severe storms can produce high winds, hail, heavy rain, lightning and/or tornados. If a severe storm is approaches the playing area, the safety of the players may require that the game be suspended while shelter is sought. High winds can create problems by dust and debris being in the air or blowing over objects. Hail can cause injury. Heavy rain can create hazardous field conditions or lead to flash flooding. Lightning is discussed separately. Tornados are obvious dangers of any severe storm. Use common sense and seek shelter as appropriate.

#### **Lightning**

Lightning is the second leading cause of storm related deaths (flooding is first). Lightning can strike up to 10 miles outside of a thunderstorm, literally a bolt from the blue. The danger from lightning can persist for 20-30 minutes or more after a thunderstorm has passed. The National Weather Service does not issue watches or warnings for lightning by itself. If a person can hear thunder, or see lightning, the danger already is present. A clear, sunny sky overhead with storm clouds nearby can still be dangerous. The following guidelines are recommended:

- If lightning is within 5 miles, the game(s) should be suspended and shelter sought. A

lightning detector can identify the distance accurately but may not be available. A rough guideline is to measure the time between the lightning flash and hearing the corresponding thunder. If it is 30 seconds or less, seek shelter. It may not be possible to determine which lightning strike generated which roll of thunder. A simple rule: If you can hear it, clear it.

- Shelter should be in larger, enclosed structures. Smaller, open structures, tents, trees, isolated areas, etc, should be avoided. Cars, with windows rolled up, or buses can provide good shelter. Avoid contact with metal or other conducting materials to the outside surfaces. Do not stay in open, unprotected areas.
- Games should not be restarted for at least 20 minutes after the last roll of thunder is heard.

## Heat

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.
2. Games need to be adjusted as the heat index rises:

- Mandatory water breaks
- Go to quarters.
- 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 minimum guidelines when there is a possibility of dangerous high heat index:

Heat Index	Recommended Guidelines
Up to 89°	Normal Play
90° - 99°	Mandatory 2-minute water breaks per half with running time. Each half shortened by 5 minutes.
100° - 105°	Mandatory 2-minute water breaks per half with running time. Each half shortened by 10 minutes.
105°	Suspend play.

Other Links:

- [Minnesota Weather Roundup](#) (updated hourly by the National Weather Service)

## **Cold**

For fall play, cold becomes a factor. Players should be allowed to dress in appropriate clothing. Field conditions will be affected by freezing rain, sleet and snow. The ground may become frozen and be unsafe for play.