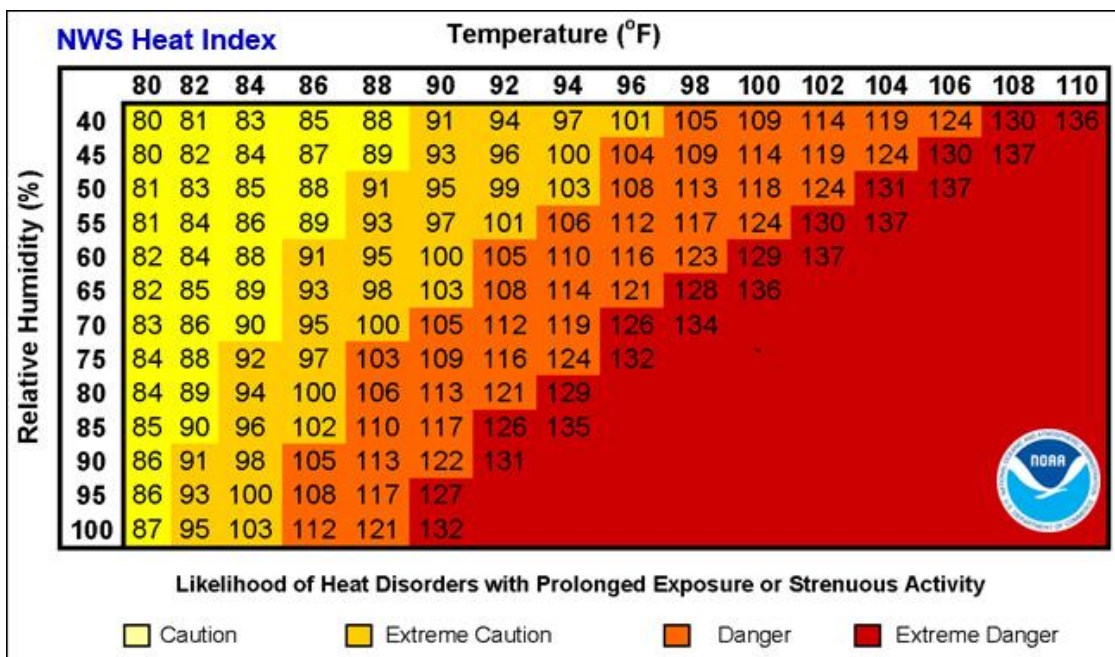


SOSC Hot Weather Safety Guidelines

Safety for all athletes, coaches, volunteers, and staff is our primary concern when determining a course of action to follow.

Decisions to delay, postpone, reduce, or cancel training and/or competition should be based on this index. Special consideration should be given to training and/or competition that occurs on asphalt or artificial turf where Heat Index values can increase by up to 15 degrees.

The National Weather Service (NWS) and National Oceanic and Atmospheric Administration (NOAA) have developed the chart below to help us understand when additional precautions should be considered or taken when there is a forecast of unusual or unseasonal hot weather. The two main factors considered are current air temperature and percent relative humidity.



Precautionary Range 1: When the Heat Index reaches 90°-99°, training and competition will proceed with caution. Local Program Coordinators, Head Coaches and Staff will monitor the situation and take measures to ensure that the safety of the athletes is taken into consideration. These measures may include additional water stations for hydration, allowance of extra rest, etc. At the discretion of Local Program Coordinators, Head Coaches and/or Staff, consideration should be given to shortening or postponing training or games depending on additional factors such as access to shade or air conditioning nearby, length of activity, availability of water, amount of rest, condition of participants, etc.

Precautionary Range 2: When the Heat Index reaches 99° -104°, training and competition will be reduced to accommodate participant safety. Length of an official game will be shortened, number of events or games played will be reduced. Local Program Coordinators, Head Coaches and Staff may choose to cancel or postpone training or games depending on additional factors such as access to shade or air conditioning nearby, length of activity, availability of water, amount of rest, condition of participants, etc.

Cancellation Range: When the Heat Index reaches 105° or above, all training and competition will be postponed until the Heat Index drops below 105°, or if time will not allow a postponement, training or competition will be cancelled.