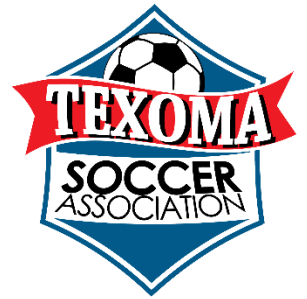


1. Hot Weather Recommendations

In order to ensure the safety of all parties within TSA, here are the recommendations for extreme heat situations, including practices and match play.

TSA will be implementing the Wet Bulb Globe Temperature (WBGT) system to help in making recommendations for environmental conditions. This has been a widely adopted method in local associations and other outdoor sports across the state.

TSA falls under the CAT 3 region, if you use an app such as WeatherBug, under the Outdoor Sports section there is a WBGT value that you can use for the below charts.



Here are the recommended practice guidelines:

Based on your WBGT and Regional Category determine your Alert Level and Work to Rest Recommendations using the table below.

ALERT LEVEL	WBGT BY REGION (°F)			EVENT CONDITIONS	RECOMMENDED WORK TO REST RATIOS (ACTIONS & BREAKS)
	CAT 1	CAT 2	CAT 3		
BLACK	>86.2°	>89.8°	>92.0°	Extreme Conditions	No Outdoor Training, delay training until cooler, or Cancel Training.
RED	84.2-86.1°	87.8-89.7°	90.1-91.9°	High Risk for Heat Related Illness	Maximum of 1 hour of training with 4 by 4 minute breaks within the hour. No additional conditioning allowed.
ORANGE	81.1-84.1°	84.7-87.7°	87.1-90.0°	Moderate Risk for Heat Related Illness	Maximum of 2 hours of training with 4 by 4 minute breaks each hour, OR a 10 minute break every 30 minutes of training.
YELLOW	76.3-81.0°	79.9-84.6°	82.2-87.0°	Less than Ideal Conditions	3 Separate 4 minute breaks each hour, OR a 12 minute break every 40 minutes of training
GREEN	<76.1°	<79.8°	<82.1°	Good Conditions	Normal Activities. 3 Separate 3 minute breaks each hour of training, OR a 10 minute break every 40 minutes

Here are the guidelines for match play (TSA personnel will work with the Field Marshall for match decisions):

WBGT	U8 and below	U9 and above
GREEN	Normal play	Normal play
YELLOW	Extend quarter breaks by 1 minute	2 minute break in the middle of each half (match clock runs)
ORANGE	Extend quarter breaks by 1 minute	4 minute break in the middle of each half (match clock runs)
RED	Extend quarter breaks by 2 minutes	6 minute break in the middle of each half (match clock runs), ALL matches U13 and up Suspended
BLACK	Play Suspended	Play Suspended

The following document from US Soccer is what TSA is using as it's reference and guide if there are further questions.

The PDF also provides excellent recommendations on acclimation, recovery, specific heat-related illnesses, and management of those illnesses.

<https://r2soccer.squarespace.com/s/1609024-Heat-Guidelines-8f44.pdf>

1. Lightning Recommendations

The Association follows the philosophy of the National Weather Service for Match AND PRACTICE.

Use the 30-30 rule: where visibility is good and there is nothing obstructing your view of the thunderstorm. When you see lightning, count the seconds until you hear thunder. If that time is 30 seconds or less, the thunderstorm is within 10 miles and is dangerous. Seek shelter immediately. Use of electronic lightning detectors or smartphone apps (TSA uses WeatherBug) may be used with a recommendation of less than or equal to 10 miles in radius with lightning to seek shelter. The threat of lightning continues for much longer than most people realize. Wait at least 30 minutes after the last clap of thunder before leaving shelter. Don't be fooled by sunshine or blue sky!

** Disbanding practice/match isn't good enough. If they are out on the field still playing around they are still in danger!**

Let's keep our children safe!

2. Cold Weather

To keep things simple TSA will follow this procedure whether dry or wet conditions exist.

Outdoor Practices and matches will be canceled/postponed for the following temperatures:

-U8 below – Temperature 40 Degrees or 36 Degrees F wind chill, decision is to be made 30 minutes prior to match/practice time. Field Marshall to make the call for the match, coach to make the call for practice.

-U9 and up - If the wind chill factor is below 30 Degrees F, a decision is to be made 30 minutes prior to match/practice time. Field Marshall to make the call for the match, coach to make the call for practice.

Game Day Procedures regarding Cold Weather Clothing

- Jackets/Hoodies will need to be worn under the TSA Jersey with number visible during match play (the hood on a hoodie or jacket will need to be tucked or removed for player safety reasons)
- Gloves, toboggans, stocking caps, beanie may be worn on the field of play
- Under layers such as tights, leggings, thermal covering are also allowed as long as player Jersey with number is visible

Cold Weather Mitigation

Cold exposure can be uncomfortable, impair performance and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind

Chill can make activity uncomfortable and can impair performance when muscle temperature declines.

Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers, and toes. Hypothermia, a significant drop in body temperature, occurs with rapid cooling,

exhaustion, and energy depletion. The resulting failure to the temperature-regulating mechanisms constitutes a medical emergency. Hypothermia frequently occurs at temperatures above freezing.

A windy 30-50 degree exposure may be as serious as a sub zero exposure. For this reason TSA has developed a cold policy using the wind chill factor not the ambient temperature. Wind speed interacts with ambient temperature to significantly increase body cooling. When the body and clothing are wet (whether from sweat, rain, snow, or immersion), the cooling is even more pronounced due to evaporation of the water held close to the skin by the wet clothing.

Clothing is one of the most important parts of keeping the athlete's body warm. Athletes should dress in layers and try to stay dry. Athletes should layer themselves with wicking fabric next to the body, followed by lightweight pile or wool layers for warmth. Athletes should use a wind block garment to avoid wind chill during workouts. Heat loss from the head and neck may be as much as 50% of total heat loss; therefore, the head and neck should be covered during cold conditions. Other extremities should be covered at all times to protect from the wind chill.

3. Examples for weather related restarts for match play...

- a. If a match is suspended for lightning before the completion of the first half or 2 quarters of the match; then the match will be rescheduled and continued from the point of the suspension.
- b. If the match is suspended after the completion of the first half or 2 quarters of play; then the match will be considered complete and there will be no reschedule.
- c. The only exception to this will be in the championship match of a tournament. In those rare cases a 2/3 vote of the President, Vice President, and Secretary will determine the resolution of the match.

4. Communication for weather events:

- a. Cancellations and delays will be posted on the TSA website (www.texomasoccer.org), TSA Facebook homepage, and Friends of TSA Facebook, and your coaches will be notified in their GroupMes as well, so reach out to them first, then the Area Director if necessary.

5. Recommended weather app:

- a. Lightning and WBGT (under outdoor sports section) will be WeatherBug (<https://www.weatherbug.com/>)