

# Region 75 Weather Policies at Sierra Field Only

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The safety of our players and their families are of paramount importance to AYSO. Although our weather policies may seem over-cautious to some, they are in-place for the safety and protection of everyone!

## Getting Notified

Parents and players are encouraged to sign-up for the free official Region 75 Alert Notification system at IMPORTANT - For your users to begin receiving text messages, they will need to first text the correct group keyword to 84483 which will be sent to you via email. Message and data rates may apply. Text STOP to 84483 to cancel. Receive notifications for official field closures, game postponements, cancellations or other important alerts.

Other media notification outlets include:

- Our website [www.ayso75.org](http://www.ayso75.org) under the "Field Status" tab
- Checking with your coach and or team manager

## Rain

Since AYSO games are not generally made up due to cancellations due to weather, AYSO games are typically held during "gentle" rain events. Other factors such as Soggy Fields or Nearby Lightning may force a postponement and/or cancellation but games are otherwise played in the rain.

Although parents may not want to sit in the rain to watch a game, please honor the time commitment of the Coaches, Referees and other team players by getting your player(s) to the field for their game. At the conclusion of the game, players may be wet and muddy which doesn't help vehicle interiors. To help protect interiors, bring a pair of plastic grocery bags for the player to wear over muddy shoes and/or a poncho for your player to sit in during the ride home! Umbrellas for the parents at the field will also help make the game more enjoyable.

## Standing Water/Soggy Fields

After periods of extended rain, the fields at Sierra Field may become saturated or even super-saturated resulting in standing water within various locations at the complex. Since standing water can result in awkward footing and/or slippery conditions that might result in player/parent injury, soggy field conditions pose a safety risk. Additionally, since field turf is easily torn when soggy field conditions are present, games are generally postponed or canceled until soggy fields have had a chance to drain.

## Lightning

One of the most significant and immediate weather-related dangers to our players is that from lightning strikes. Since lightning can strike relatively anywhere and from great distances, AYSO exercises extreme caution when lightning is detected in the area. When games are suspended/canceled due to lightning, the following **must** occur:

1. **ALL** players, coaches, referees and family members must **immediately** vacate the field and side-line premises and seek shelter in:
  - o a vehicle (recommended), parents during this potential situation do not drop off players at the field and leave, you must stay with them in case shelter (your vehicle) is needed. **There are no other structures at Sierra that are approved safe during a lightning strike.**
2. **NOTE:** Since lightning is attracted to tall objects (such as trees) and easily transmits through metal (such as our sheds), **do not** seek shelter under a nearby tree nor near a metal shed! It's not worth it!
3. Games **may** resume after at least 30-minutes have passed since a lightning strike. AYSO staff members will sound the "all-clear" signal in such situations and play will resume as designated by the game referee. As such, parents are encouraged to keep their players at Sierra field until the regular conclusion-time of the game.

## Heat

Games are played when it's hot, subject to the discretion of the Referee or other AYSO officials: **The degrees below are Heat Indexes not temperatures.** Heat Index is a combination of temperature + humidity.

- Heat Index under 89° - games on (normal play)
- Heat Index 89° to 92° - games on (2-minute break every 15 minutes)
- Heat Index 93° to 95° - games on (5-minute break every 15 minutes)
- Heat Index above 95° - No games

Like all physical exertion activities, players are encouraged to bring proper hydrating fluids with them to all games and practices!

## Cold

Although AYSO games don't generally get canceled due to cold temperatures, cold weather does introduce a question by parents. Can my child wear a sweatshirt during a game? Any extra articles of clothing must be worn **under** the uniform so you can still determine with which team a player is associated. It is recommended that any extra articles of clothing be limited to undershirts or turtle necks (under the uniform). **Try to coordinate with your team's colors, if possible.** If a sweatshirt has a hood, the hood must be tucked under the jersey.

Thank you!