

Below is an explanation of how WAA determines cancellations for outdoor sporting events.

WAA rents fields throughout the Naperville and Aurora area. We have a field crew out evaluating and prepping school district, church and private fields. The Naperville Park District and the Fox Valley Park District evaluate and prep the fields that are owned by the respective park districts.

Crews begin to evaluate and prep fields in the morning. If a field is too wet, crews will try to remove excess water and return to it later in the day to prep or make a final call regarding cancellation. This procedure is similar for WAA staff and park district staff. Often times the WAA office does not receive notice of field cancellations until late in the day. **As soon as we are notified of a cancellation, we post it on our home page; this is the way we communicate ALL cancellations up until 3:45pm. Please check the WAA website, [www.waasports.org](http://www.waasports.org), prior to your game. We make every effort to post cancellations no later than 3:45pm (noon on Saturday).** If we are notified of a cancellation after 3:45pm (noon on Saturday) AND we have staff available to update the website and contact coaches affected by the cancellation, we will make every effort to update the website and email coaches. Otherwise, officials (or coaches) will have to make the call at the field.

Similar to the park districts in the area, it is WAA policy not to cancel games based upon a weather forecast. **Conditions may vary depending on field locations and can change quickly or clear prior to game time. In most cases, if fields are prepped and playable at 3:45, (noon Saturday), WAA will not cancel games from the office.** Please note the following:

- Officials (umpires) may cancel a game at the field if field conditions or weather conditions warrant.
- In the absence of an official, head coaches will discuss and determine to call games as necessary.
- If prior to game time, head coaches decide to cancel a game due to weather, coaches have been provided with the Umpire "rainline" number and email to notify umpires of cancellation if applicable. Games may be rescheduled by head coaches. Please call the WAA office with 3 agreeable dates for the postponed game.
- Games should always be suspended for lightening and should not resume until 30 minutes after the last lightning flash or thunder. Please see detailed information below.
- **Parents always have the ultimate responsibility to make decisions regarding the participation of their child.**

Our goal is to have as many scheduled games played as possible; however, we want all of our participants, coaches and families to have a safe and enjoyable season. Additional guidelines for playing in heat and suspending game/practices due to lightning are below. Thank you for participating in WAA sports and have a great season.

#### **Thunder Lightning Safety Outdoors** (excerpted from the US Youth Soccer website)

All thunderstorms produce lightning and are dangerous. Lightning kills more people each year than tornadoes. Lightning often strikes as far as 10 miles away from any rainfall. Many deaths from lightning occur ahead of the storm because people try and wait to the last minute before seeking shelter. Look for dark cloud bases and increasing wind. Every flash of lightning is dangerous, even the first. If you hear thunder, head to safety! You are in danger from lightning if you can hear thunder.

**If you see lightning or can hear thunder, lightning is close enough that it could strike your location at any moment. Games or Practices should be suspended. If activity has been suspended due to lightning, the designated weather watcher should wait at least 30 minutes after the last lightning flash or sound of thunder prior to resuming activity.** Each time additional lightning is observed or thunder is heard, the minimum 30-minute waiting period should be reset. A clear sky or lack of rainfall is not adequate indicators for resuming play. The minimum 30-minute return-to-play waiting period should not be shortened. Play should not be resumed even after the 30 minute waiting period if any signs of thunderstorm activity remain in the area or if the weather forecast indicates the threat is not over.

A Few of Many Lightning Safety Rules to Follow:

1. Keep an eye on the sky. Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.
2. Listen for the sound of thunder. If you can hear thunder, go to a safe shelter immediately.
3. If you see or hear a thunderstorm coming or your hair stands on end, immediately suspend your game or practice and instruct everyone to go inside a sturdy building or car.
4. Move away from a group of people. Stay several yards away from other people. Don't share a bleacher bench or huddle in a group.
5. If you can't get to a shelter, stay away from trees. If there is no shelter, crouch in the open, keeping twice as far away from a tree as it is tall.

For the complete article go to [http://www.usyouthsoccer.org/news/story.asp?story\\_id=622](http://www.usyouthsoccer.org/news/story.asp?story_id=622)

For more information on lightning safety go to <http://www.lightningsafety.noaa.gov/outdoors.htm>

**During the warm weather WAA encourages participants to follow the guidelines below.**

Game Time heat index of 88-95 degrees - Parents and Coaches are encouraged to take extra steps to protect their players by making sure they keep them hydrated and by encouraging frequent substitution during games and practices. Parents should make sure that players are hydrated prior to participating and that they are wearing sunscreen.

Game Time heat index of 96-99 degrees - Parents and Coaches are encouraged to take extra steps to protect their players by making sure they keep them hydrated and by encouraging frequent substitution during games and practices. Parents should make sure that players are hydrated prior to participating and that they are wearing sunscreen. In addition, catchers should be allowed to catch only two innings in succession.

Game Time heat index of 100-103 degrees - All procedures noted above and games should be reduced by one inning. If it is a practice day, coaches are instructed to reduce the time of practice, take frequent breaks and keep players well hydrated by having them drink water.

Game Time heat index of above 103 – Officials, coaches and parents should consider cancelling the game.

**The above are merely guidelines and it is the responsibility of parents to make the ultimate decision as to the participation of their child in WAA events when heat may be a factor.** Parents need to consider the age and physical condition of their child. Parents also have the ultimate responsibility to inform their child about the dangers of heat and need for protection, including sunscreen and proper hydration before, during and after an event. Parents and coaches should familiarize themselves with the signs of heat related illnesses. This information has been adapted from the American College of Sports Medicine Position Stand on Exertional Heat Illness during Training and Competition. Because WAA utilizes many sites in the area and weekend games occur throughout the day, we encourage coaches

and parents to monitor the current conditions. The current heat index is available at: [www.weather.com](http://www.weather.com) See the “feels like” temperature.

The information below is excerpted from the National Weather Service website ([www.nws.noaa.gov](http://www.nws.noaa.gov))

NOAA's heat alert procedures are based mainly on Heat Index Values. The Heat Index, sometimes referred to as the apparent temperature is given in degrees Fahrenheit. The Heat Index is a measure of how hot it really feels when relative humidity is factored with the actual air temperature. To find the Heat Index temperature, look at the Heat Index chart below. As an example, if the air temperature is 96°F and the relative humidity is 65%, the heat index--how hot it feels--is 121°F.

### NOAA's National Weather Service

#### Heat Index Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

#### Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- Caution
- Extreme Caution
- Danger
- Extreme Danger

**IMPORTANT:** Since heat index values were devised for shady, light wind conditions, **exposure to full sunshine can increase heat index values by up to 15°F.** Also, **strong winds**, particularly with very hot, dry air, can be extremely hazardous.

The [Heat Index Chart](#) shaded zone above 105°F shows a level that may cause increasingly severe heat disorders with continued exposure or physical activity.