

**Prospector Soccer Club
Environmental Activity Policy
Temperatures, Air Quality, Wildfire, Lightning, Field Conditions**

Purpose – As parents, coaches, and board members we all take the safety of our kids very seriously. The health and safety of our soccer players and the condition of soccer fields is a priority for PSC. Inclement weather and/or poor air quality can present hazards to players and spectators. Parents, coaches, referees, club officials all have responsibility for the safety of players during practices and games. PSC adopts the following policy regarding activities during inclement weather conditions, wildfires, and/or poor air quality days:

1. Temperatures – Excessive Heat

A. Guidelines

1. On hot days all children should hydrate before practice.
2. Fluid breaks should be scheduled for all practices and become more frequent as the heat levels rise.
3. Remember younger children (U6-U10) need extra breaks. Please bring extra water for your children.
4. Children without water or adequate hydration at practice shall not participate in even limited-exertion practices.
5. Coaches will need to monitor and or limit activities to protect from heat exhaustion.
6. Temperature will be measured per www.weather.com for Shingle Springs, CA.

B. Policy

1. On practice days where the temperature is forecasted, that day, to be above 95 degrees Fahrenheit (°F), parents should ensure extra water is available and coaches should schedule additional breaks to rehydrate. Practices may have to be cancelled by the coach or limited to very brief drills and activities with lots of water breaks.
2. On practice days where the temperature is forecasted on weather.com, that day, to be 100+ °F, practices for U6/U7/U8 may be cancelled. Practices for U9/U10 may be cancelled by the coach or be limited to very brief drills and activities. Parents should ensure extra water is available. Additional breaks shall be scheduled to rehydrate and cool down. Practices for U11 and above need to adjust activities to provide for enough time to hydrate. Heavy physical drills are not encouraged.
3. On practice days where the temperature is forecasted, that day, to be above 105 °F, all practices shall be cancelled.

4. If the temperature exceeds 90 °F, quarterly water breaks may be implemented if agreed to by both coaches.
5. If the temperature exceeds 95 °F, quarterly (U6-U10) water breaks must be implemented and enforced by the referee. (U11 & up) quarterly water breaks are highly recommended.
6. If the temperature exceeds 100 °F, quarterly water breaks must be implemented and enforced by the referee. (All levels) Additional water breaks may be given if the referee and/or coaches feel they are needed. (Game clock with continue to run during all water breaks)

2. Spare the Air Advisories

Ozone and PM 2.5

A. Guidelines

1. Air pollution is a health risk to everyone in the Sacramento region.
2. Coaches shall issue no penalty for children and families if they elect to stay home from practice or games due to health reasons.
3. Parents and/or caregivers of children with medical conditions that are sensitive to air pollution need to determine if the player should practice.

B. Policy


	125 or Below	126 to 150	151 and Above
Games	Play	Increase breaks & substitutions	Cancel
Practices	Play	Increase breaks Decrease intensity of training Cancel at coach discretion	Cancel

PSC Will use www.purpleair.com as the source for measurements of air quality, known as the Air Quality Index (AQI). We encourage all Coaches and Parents to monitor air quality conditions by this website. Specifically, we use the "US EPA PM2.5 AQI" real time reading based on the "AQandU" conversion factor. The club will use the reading from the sensor in the closest proximity to the applicable field. If Purple Air is unavailable the Club will use a similar website to determine AQI.

Map Data Layer: (?) Conversion: (?) X

US EPA PM2.5 AQI AQandU

Standard Show Realtime



n/a	0	50	100	150	200	250	300	350	400	500+
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Outside Sensors
 Inside Sensors
 Show My Sensors
 Averages as Rings

August 21st, 2021, 7:16:37 AM PDT

iii. When the AQI is between 100 and 126, coaches should avoid strenuous practices and take frequent water breaks and increase the rest periods and substitution to lower breathing rates. If at any time you feel uncomfortable with the weather conditions, or are concerned for the safety of a child, you are encouraged to hold the child out of the scheduled activity.

3. Wildfires

A. Wildfires can cause tremendous amounts of smoke in a very short time. It is PSC policy to cancel any practice or game where the wildfire smoke threatens the health of our players. Due to rapidly changing conditions, limited notice may be given to the coaches that practices or games have been canceled. The Referee has the discretion to cancel or suspend a game anytime they feel the conditions become unsafe.

B. Coaches shall provide a contact number to all parents and players in case the field needs to be evacuated.

4. Lightning

A. Lightning can strike as far as 10 miles from the area where it is raining or even where it is not raining. If you can hear thunder, you are within striking distance. PCS will follow the recommendation of the National Severe Storms Laboratory, which provides that athletic

participation will cease when lightning is detected within 6 miles. For purposes of this policy, a 30 second flash-to-bang count will be utilized.

B. Practice and games will be delayed by a minimum of 30 minutes if the flash of lightning and its thunderclap occur within 30 seconds or less of one another. Practice and games shall not resume until 30 minutes after the last sound of thunder is heard or lightning is seen.

C. Referees and coaches shall direct players and spectators to leave the field for safe shelter, which includes their hard-top vehicles with the windows closed or some other sturdy enclosed substantial structure. (Dugouts, trees, bleachers, and picnic shelters are not suitable, safe structures during a lightning storm.) While there is not a place absolutely safe from the lightning threat, some places are safer than others. The best option is a large building with electric and telephone wiring and plumbing to provide a safe pathway for the current to the ground. 3

D. All individuals and teams have the right to leave a site or activity, without fear of repercussion or penalty, in order to seek a safe structure or location if they feel that they are in danger from impending lightning activity.

E. In the event a game must be suspended because of conditions that make it impossible to continue play within a reasonable time on the same day, the PSC shall determine the outcome of the game or if there will be a reschedule.

F. If the game is suspended to another date, the referees are entitled to the full game fee. If the game is resumed on another date, the referees are entitled to a full game fee. 5

5. Inclement Weather/Field Closures

PSC reserves the right to cancel or suspend field use permits for games, practices and other permitted uses when field conditions may result in damage to the fields or injury to players. PSC games/practices may also be canceled when the health and safety of participants are threatened due to unsafe conditions brought on by, but not limited to, lightning, excessive levels of smog, or pesticide applications. Information to postpone games will be emailed out to all coaches and posted on the club's web site at www.prospector.org

Game/Practices cancellations will be communicated by the PSC Field Coordinator:

9pm the night before the game – PSC Field Coordinator may cancel the games due to field conditions, weather forecast conditions, or notification from a field owner that we must cancel.

7am on game day – PSC Field Coordinator may cancel games if field conditions have changed between 9pm the night before and gameday morning.

Game time – If there is lightning striking or field conditions are deemed dangerous, the referee will have the authority to cancel the game. The coaches may discuss the safety concerns with the referee at game time.

Adopted October 22, 2012
Revised 8/1/2021