



Cheney Parks & Recreation Weather Guidelines

The Recreation Manager or Recreation Coordinator will determine the official temperature and inclement weather conditions to make a decision on practices and games. Decisions on game cancellations will be made at least 90 minutes prior to your scheduled game times. Updates will be posted on our Facebook page, rainedout.com, a voice message will be left at 509-498-9251 and text messages will be sent out. Please sign up for an account on rainedout.com so you can receive updates. Coaches are asked to use these guidelines when determining practice conditions and cancellations.

Lightning

Lightning is a dangerous phenomenon and is the most consistent and significant weather hazard that may affect athletic activities. Athletic teams that may practice and compete outdoors are at greatest risk and as such, the following lightning safety policy has been adopted to minimize risk or injury from lightning strikes to Cheney Parks and Recreation athletes, coaches, support staff and fans.

Monitoring Severe Weather

- Coaches will be responsible for monitoring threatening weather and for making the final decision on when to clear the field and when it is safe to return.
- Monitor local weather reports each day before any practice/event. Be diligently aware of potential thunderstorms that may form during scheduled practices/events.
- Be informed of National Weather Service issued “watches” or “warnings”. A “watch” means to watch for the potential of severe weather. A “warning” means severe weather has been detected in the area.

Safely Returning to the Practice/Game

- When a storm is approaching all activities are postponed with the possibility of suspension pending further conditions.
- If it is recognized as an approaching risk, activity will not resume until 30 minutes after the last lightning strike.
- If a coach cancels a practice or game, please notify the Recreation Coordinator of the cancellation.

Tornadoes

The National Weather Service (NWS) is responsible for monitoring conditions that may allow for the development of tornadoes. The NWS will issue a “Tornado Watch” when conditions are present that may allow a tornado to develop. The NWS will issue a “Tornado Warning” when a tornado is imminent. In the event of a “Tornado Warning” all athletic programs will be postponed and/or cancelled.

Temperature

Cold Stress and Cold Exposure

Any individual can lose body heat when exposed to cold air, but when the physically active cannot maintain heat, cold exposure can be uncomfortable, impair performance and may be life-threatening.

Important Factors to Decrease the Possibility of Cold Exposure Injury or Illness are:

- Wear appropriate clothing (dress in layers and stay dry)
- Maintain energy levels (via the use of meals, energy snacks and carbohydrate/electrolyte drinks)
- Stay hydrated
- Minimize fatigue and exhaustion
- Warm-up properly prior to activity

Heat Illnesses

Depending on the sport or activity, not all of the following preventative measures may need to be implemented. It is the responsibility of the coach to monitor conditions and implement appropriate preventative action.

- Monitor Heat Index
- Modify practices to include extra breaks, decreased intensity, etc.
- Drink 8-12 ounces of water every 10-15 minutes throughout practice



Heat Index Recommendations

- Below 80 – Chance of heat illness is low, but still possible. Continue with normal practice.
- 80-85 – Add additional breaks
- 85-90 – Add additional water breaks.
- Above 90 – Chance of heat illness is greatly enhanced. Watch all athletes closely, add additional water breaks, shorten practice time if necessary.

Air Quality

There are three reasons why otherwise healthy athletes are at special risk for inhaling pollutants. First, as physical activity increases minute ventilation, the number of pollutants that are inhaled relative to when the athlete is at rest are increased. Second, during activity, a larger proportion of air is inhaled through the mouth, which bypasses the body's built-in nasal filtration system. Third, pollutants are inhaled more deeply and may diffuse into the bloodstream more quickly during physical activity. We ask coaches to monitor air quality and make informed decisions about cancelling or postponing practice.

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0 to 50	Air quality is considered satisfactory, and air pollution poses little or no risk
Moderate	51 to 100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151 to 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201 to 300	Health alert: everyone may experience more serious health effects
Hazardous	301 to 500	Health warnings of emergency conditions. The entire population is more likely to be affected.

I have read and understand the above guidelines and will do my best to enforce them.

Coach's Signature

Date