



## | Inclement Weather Guidelines for Outdoor Activities

The CYO Athletics program is committed to providing the best environment for safe competition. A means of providing a safe environment is the development of an Inclement Weather Guideline for outdoor events. By establishing such guidelines, each institution ensures the safety of all student-athletes, coaches, support staff, and spectators at the CYO Complex.

The CYO recommends the following guidelines be used in the event of **LIGHTNING**.

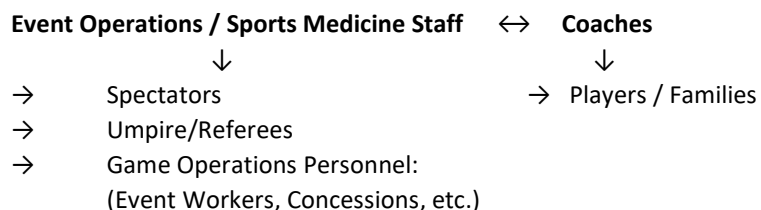
- I. Monitor weather conditions and be ready to activate the **Chain of Command**.
- II. When a trainer is present, they will determine when conditions are unsafe. In the absence of a lighting detector, the Flash to Bang method should be used. When thunder or lightning is observed, suspend activities and use the Flash-to-Bang to determine when the storm is less than 6 miles away.  
  
To use the Flash-to-Bang method, count the seconds from the time lightning is sighted to when the clap of thunder is heard. Divide this number by five to determine how many miles the lightning is occurring. (Example: 20 second count = 4-mile distance, 25 second count = 5-mile distance, etc.)
- III. Leave the athletic fields and seek **SAFE** shelter areas—**IMMEDIATELY!** Coaches should take note of approaching severe weather and be prepared to stop play when necessary.  
  

<b>SAFE</b> shelter areas:	<b>UNSAFE</b> shelter areas:
<ul style="list-style-type: none"> <li>• Enclosed buildings (if accessible)</li> <li>• Fully enclosed vehicles with windows up</li> <li>• Low ground areas (ex: bottom of a hill, clumps of bushes, etc.) as a last resort</li> </ul>	<ul style="list-style-type: none"> <li>• Open fields, tall trees, or pools of water</li> <li>• Golf carts</li> <li>• Metal bleachers (or underneath them)</li> <li>• Umbrellas, fences, light or flag poles</li> </ul>

If you feel your hair standing on end, and/or “crackling noises” you are in lightning’s electric field. **IMMEDIATELY** assume a crouched position: arms around knees, head tucked, and only the balls of your feet touching the ground.
- IV. Play may resume 30 minutes after the last flash of lightning. Sports Medicine staff should be consulted regarding resuming play for events held at the CYO Complex.
- V. Activate the **Emergency Action Plan (EAP)** if someone is struck by lightning. A person struck by lightning does NOT carry an electrical charge. The EAP can be found in the “*Policies, Procedures and Calendar*” tab of the CYO website.

### **CHAIN OF COMMAND**

Increasing weather conditions will prompt actions taken in the following **Chain of Command**:



## **GAME OPERATIONS**

Pre-game cancellations will be at the discretion of designated game manager, both coaching staffs, and school/parish athletic directors in communication with the Director of CYO Athletics. Once games or practices have begun, weather will be monitored by:

- **Regional internet radar** (i.e., Weather.com)
- **Lightning detector** (the CYO Complex has a lightning early warning system installed)
- **Flash-to-Bang method**

The Sports Medicine Staff will do its best to notify coaches as early as possible that inclement weather is on its way and that necessary steps may need to be taken.

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The CYO recommends the following guidelines be used in the event of **high and low temperatures**.

Hot Weather Guidelines:

- **IF TEMPERATURE IS 100° OR HIGHER, GAMES AND PRACTICES SHOULD BE POSTPONED OR CANCELLED.**
- The *HUMIDITY* should be used to determine the severity of the heat temperatures, NOT just the temperature alone. ***A temperature over 86° with 100% humidity should result in games and practices being postponed or canceled.***
- Players should begin ***acclimating*** to the outdoors a minimum of 1 week prior to the start of practices for outdoor sports. This includes spending time outside and increasing outdoor physical activities.
- Make sure that each player brings some type of beverage containing electrolytes, which can be lost during extreme heat. They should replenish fluids every 15 minutes during practice or competition. It is necessary that each player drinks 4 to 10 ounces of water 15 minutes prior to practice or competition.

Cold Weather Guidelines:

- **IF TEMPERATURE IS 35° OR LOWER, GAMES AND PRACTICES SHOULD BE POSTPONED OR CANCELLED.**
  - The *WIND CHILL* factor should be used to determine the severity of the cold temperatures, NOT just the temperature alone. ***A temperature of 40° with a wind chill of 35° should result in games and practices being postponed or canceled.***
  - Do not start an activity in an extremely wet and cold environment.
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The CYO recommends the following guidelines be used in the event of **air quality issues**.

Air quality can impact the abilities of student-athletes to participate safely in an outdoor, cardio-heavy sport. Due to the possibility of poor ozone level days or nearby forest fires, coaches should implement the following procedures based on air conditions.

**CYO will use information provided by the Ohio Environmental Protection Agency:**

- Should Air Quality Index levels rise to between 100 and 150 for an extended period, practices and games may be shortened.
- Should Air Quality Index levels rise to above 150 for an extended period, practices and games will be cancelled and rescheduled.

Sensitivities to this type of air quality can vary and we encourage families who do not feel comfortable having their child participate to speak with their respective coach.