

Indiana Youth Soccer Cold Weather Guidelines

As of 3/25/2008

Indiana Youth Soccer has adopted the Minnesota State severe weather policy for cold weather. (see below)

One of the important details that will need addressed immediately is "whose thermometer do we use?" ISL has reviewed several websites and finds that this site is easy to read and gives all the information needed including the wind chill numbers. We will use this website to pre-determine if playing conditions are safe. Keep in mind that checking the temperature early in the morning for a game in the afternoon will require checking the forecast. The forecast will not always turn out to be accurate. There will be logistical issues to work out. The bottom line, it will still be up to the referee at the game site to make the "game on" or "cancel" call.

<http://www.usairnet.com/weather/maps/current/indiana/temperature/>

Just like for other severe weather conditions, ISL will post cancellations and postponements at the website and on the 24 hour hotline. ISL will make every attempt to notify team managers by phone should we know ahead of time that the temperatures will be too low to play.

While every decision may not be exact, and during a game the temperature might dip, it is our goal to avoid situations like we had in April 2007. Thank you for your cooperation in this matter. It is for the safety of our children.

Courtesy Minnesota Youth Soccer Association:

Temperature means either ambient (still air) or wind chill index. Check weather radio frequently for temperature and weather conditions.

| Cold Index | Recommended Guidelines |
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| 46° and higher | No Change |
| 45° and lower | Allowable Additional Clothing: <ol style="list-style-type: none">1. Layered beneath uniform (for example)<ul style="list-style-type: none">- <i>long sleeves</i>- <i>long Pants</i>- <i>additional socks</i>2. Gloves or mittens3. Stocking caps without straps4. Sweat pants or shirts [MYSAs Rule 7.4.1.f] <i>In the case of extremely cold weather, may be worn underneath the uniform, provided the entire team uses the same color sweats</i>5. Jackets <i>may be worn under the uniform so that referees can see the player's number in the event of a card being issued.</i> |

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| | <p>Clothing <u>NOT</u> Allowed:</p> <ol style="list-style-type: none"> 1. Hooded sweatshirts <i>- hoods and strings present possibility of being grabbed</i> 2. Ear muffs (headbands OK) <i>plastic or metal part crossing top of head presents potential hazard</i> 3. Scarves <i>Isadora Duncan Syndrome</i> |
| 40° and lower | <ol style="list-style-type: none"> 1. Shorten games 2. 5 min/half |
| 35° and lower | <ol style="list-style-type: none"> 1. Suspend games |

- Players on sidelines should remain dressed (if in warm-ups) until they enter the game.
- Players coming off should towel off (if sweaty) and get dressed quickly.
- No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended.
- Keep hydrated-avoid caffeine and pop.
- Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.
- Keep an eye on the goalie—usually the player who gets coldest first, as not running or moving like a field player.
- Referees and coaches should discuss weather and fields pre-game.
- Safety and health of the players come first.