

# GYSC Weather Guidelines

## Winter Weather Policy

Players are more susceptible to injuries during cold weather, particularly from pulled or torn muscles. Players are encouraged to wear appropriate clothing to aid body heat retention yet afford adequate movement without creating a safety hazard. As a general rule, training programs will be cancelled if the projected temperature (including wind chill) at the start of training is projected to be below 25 degrees Fahrenheit.

## Hot Weather Policy

The risk of heat related illness from vigorous sports activity increases with warmer temperatures. The body generates heat which cannot be dissipated readily when the ambient temperature exceeds 85 degrees F, depending upon the humidity. Hot weather is considered at any point where the Heat Index reaches or exceeds 90. Coaches should avoid the hottest part of the day for training sessions (11am-4pm) and adhere to the following procedures based on conditions:

GYSC will follow the recommended U.S. Soccer Heat Guidelines and follow the steps in the diagram below to ensure player health and safety in hot and/or humid conditions.

- If no on-site temperature measures are available, use temperature and humidity from local weather station measures and use the chart below to predict WBGT.

Step 1: Find the WBGT

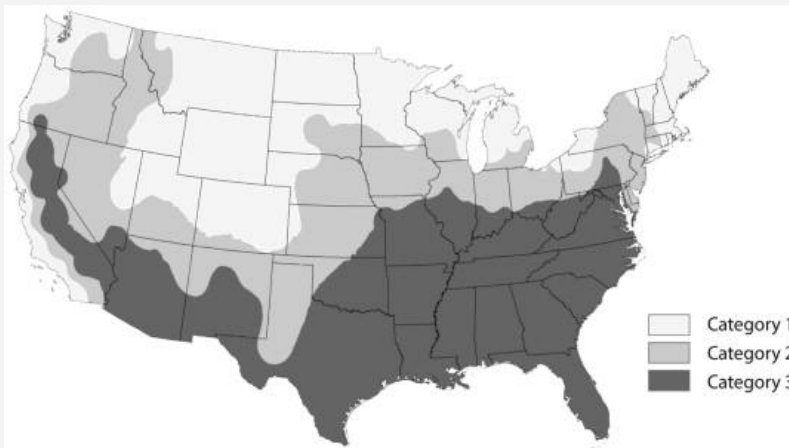
- Measure the temperature and humidity at your site
- Find the estimated WBGT corresponding below.

		Wet Bulb Globe Temperature (WBGT) from Temperature and Relative Humidity																															
		Temperature in Degrees Fahrenheit																															
		68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0	
Relative Humidity (%)	0	59.0	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	68.0	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	77.0	78.8	80.6	80.6	82.4	82.4	84.2	84.2	86.0	87.8	87.8	89.6	89.6	
	5	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	69.8	69.8	71.6	71.6	73.4	75.2	75.2	77.0	78.8	78.8	80.6	80.6	82.4	84.2	84.2	86.0	86.0	87.8	87.8	89.6	91.4	91.4	93.2	95.0
	10	60.8	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	77.0	78.8	80.6	80.6	82.4	84.2	86.0	86.0	87.8	89.6	89.6	91.4	91.4	93.2	95.0	96.8	96.8	98.6
	15	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	78.8	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	91.4	91.4	93.2	95.0	96.8	96.8	98.6	100.4	102.2	
	20	62.6	64.4	64.4	66.2	68.0	69.8	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	80.6	82.4	84.2	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2			
	25	64.4	64.4	66.2	68.0	68.0	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	82.4	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2						
	30	64.4	66.2	68.0	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	102.2								
	35	64.4	66.2	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2									
	40	66.2	68.0	69.8	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2										
	45	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	80.6	82.4	84.2	86.0	89.6	91.4	93.2	95.0	96.8	98.6	100.4												
	50	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	98.6	102.2													
	55	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	93.2	95.0	96.8	98.6	100.4														
	60	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	100.4															
	65	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	93.2	96.8	98.6	100.4																
	70	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	100.4	102.2																
	75	71.6	73.4	75.2	77.0	78.8	80.6	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	102.2																	
80	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	89.6	91.4	93.2	96.8	98.6	100.4																			
85	73.4	75.2	77.0	78.8	82.4	84.2	86.0	87.8	89.6	93.2	95.0	98.6	100.4	102.2																			
90	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	98.6	102.2																				
95	75.2	77.0	78.8	80.6	84.2	86.0	87.8	91.4	93.2	95.0	98.6	100.4																					
100	75.2	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	100.4	102.2																					

NOTE: This table is compiled from an approximate formula which only depends on temperature and humidity. The formula is valid for full sunshine and a light wind. Table adapted from Bureau of Meteorology

## 2: Find your Regional Category

- Determine which region category you are in based on the map below, to determine which WBGT guidelines in the table you should follow.



## Step 3: Determine Your Conditions, Alert Level, and Recommendations

- Determine which region category you are in based on the map above, to determine which WBGT guidelines in the table you should follow

Alert Level	WBGT by Region (°F)			Event Conditions	Recommended Actions & Breaks
	Cat 1	Cat 2	Cat 3		
Black	>86.2°	>89.8°	>92.0°	Extreme Conditions	<ul style="list-style-type: none"> <li>No Outdoor Training, delay training until cooler, or Cancel Training</li> </ul>
Red	84.2-86.1°	87.8-89.7°	90.1-91.9°	High Risk for Heat Related Illness	<ul style="list-style-type: none"> <li>Maximum of 1 hour of training with 4 by 4 minute breaks within the hour.</li> <li>No additional conditioning allowed.</li> </ul>
Orange	81.1-84.1°	84.7-87.7°	87.1-90.0°	Moderate Risk for Heat Related Illness	<ul style="list-style-type: none"> <li>Maximum of 2 hours of training with 4 by 4 minute breaks each hour, OR a 10 minute break every 30 minutes of training</li> </ul>
Yellow	76.3-81.0°	79.9-84.6°	82.2-87.0°	Less than Ideal Conditions	<ul style="list-style-type: none"> <li>3 Separate 4 minute breaks each hour, OR a 12 minute break every 40 minutes of training</li> </ul>
Green	<76.1°	<79.8°	<82.1°	Good Conditions	<ul style="list-style-type: none"> <li>Normal Activities</li> <li>3 Separate 3 minute breaks each hour of training, OR a 10 minute break every 40 minutes</li> </ul>

#### **Step 4: Determine the Work to Rest Ratios – Modifications in Training**

- Alert Level Green – Normal Activities, provide 3 separate 3 minute breaks each hour of training, or a 10 minute break every 40 minutes.
- Alert Level Yellow – Use discretion, provide 3 separate 4 minute breaks each hour, or a 12 minute break every 40 minutes of continuous training
- Alert Level Orange – Maximum 2 hours of training time with 4 separate 4 minute breaks each hour, or a 10 minute break after 30 minutes of continuous training
- Alert Level Red – Maximum of 1 hour of training with 4 separate 4 minute breaks within the hour. No additional conditioning allowed.
- Alert Level Black – No outdoor training, delay training until cooler or cancel

#### **Heat Injury Indicators**

Coaches, parents and players should be aware of the following list of indicators that players may be experiencing some level of heat injury”:

- Flushed face
- Hyperventilation or shortness of breath
- Headache
- Dizziness
- Tingling Arms
- Goose Bumps
- Chilliness
- Poor coordination
- Confusion, agitation or uncooperativeness

#### **If any player experiences any noted heat injury, the following procedures should be followed:**

- Remove player from training and source of heat
- Cool in a shaded area using ice towels
- Provide access to fluids/electrolytes and encourage rehydration