YOUTH SPORT COLD WEATHER GUIDELINES

The following guidelines will be used to manage cold weather at all youth sports games and practices. It is designed to provide participants with a standard for safe play in situations of cold weather. We will rely on the wind chill reading that is updated hourly by the National Weather Service. Wind chill temperature is only defined for temperatures at or below 50 degrees Fahrenheit and wind speeds above 3 mph.

During the course of the day, the cold weather index will rise and fall depending upon the time of day, amount of wind, cloud cover, etc. These program modifications could also change throughout the course of the day. Decisions on game will be made at least 60 minutes prior to your scheduled game times. Updates will be posted on Rainedout.com and at the Front Desk. The YMCA will guarantee one make-up game per season due to weather. Coaches are asked to use these guidelines in determining practice conditions and cancellations.

TEMPERATURE GUIDELINES

Temperature means either ambient (still air) or wind chill index.

51° and higher – No Change / Games played as scheduled

50° and lower – Additional clothing beneath uniform suggested
  (Long sleeves / Long pants / Additional Socks / Gloves / Caps)

45° and lower – Shorten Games
  (Flag Football – 2 15-minute halves with a 3 minute half time)
  (U6, U8, U10 Soccer – 2 8-minute halves with a 2 minute half time)
  (U13 Soccer – 2 15-minute halves with a 3 minute half time)

32° and lower – Games Cancelled

COLD WEATHER TIPS

• Jackets may be worn, but the jersey must be on the outside.
• No one should sit or lie directly on the ground. The heat is lost faster to ground than air. Blankets and chairs are recommended.
• Keep hydrated – avoid caffeine and pop.
• Keep an eye on the goalie – usually the player who gets coldest first due to less running and moving.

The above are merely guidelines and it is the responsibility of parents to make the ultimate decision as to the participation of their child. When cold weather may be a factor, please take into consideration the age and physical condition of your child. Parents also have the ultimate responsibility to inform their child about the dangers of cold and need for protection (layered clothing, moisture wicking clothing, etc). Clothing needs to be underneath the uniform.