

Lincoln County Parks & Recreation
SEVERE WEATHER POLICY
FOR ACTIONS BY OFFICIALS/COACHES AT OUTDOOR SPORTS

The Referee shall stop play in a contest or scrimmage at the first sound of lightning or thunder at the site.

The playing site shall be cleared immediately of all persons. The contest or scrimmage may be resumed following a three (3) minute warm-up period, no sooner than thirty (30) minutes after the last sight of lightning or the last sound of thunder.

If the severe weather is of great length or intensity, the Referee shall work cooperatively with home contest administration on decisions related to the resumption of play.

Contest officials are encouraged to learn the weather forecast prior to contest time and to work cooperatively with home contest administration prior to making weather-related decisions.

Safety of the public and participants is the most important factor in any decision of this type.

Using the following scale, activity must be altered and / or eliminated based on this Heat Index as determined:

Under 95 degrees Heat Index

- Ø Water should always be available and athletes be able to take in as much water as they desire.
- Ø Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group
- Ø Have towels with ice for cooling of athletes as needed
- Ø Watch/monitor athletes carefully for necessary action.
- Ø Re-check temperature and humidity every 30 minutes if temperature rises in order to monitor for increased Heat Index.

95 degrees to 99 degrees Heat Index

- Ø Water should always be available and athletes should be able to take in as much water as they desire.
- Ø Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group
- Ø Have towels with ice for cooling of athletes as needed
- Ø Watch/monitor athletes carefully for necessary action.
- v Contact sports and activities with additional required protective equipment
- Ø Helmets and other equipment should be removed when athlete not directly involved with competition, drill or practice and it is not otherwise required by rule.
- v Reduce time of outside activity. Consider postponing practice to later in the day.
- v Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.

100 degrees (above 99 degrees) to 104 degrees Heat Index

- Ø Water should always be available and athletes should be able to take in as much water as they desire.
- Ø Mandatory water breaks every 30 minutes for 10 minutes in duration to allow for hydration as a group
- Ø Have towels with ice for cooling of athletes as needed
- Ø Watch/monitor athletes carefully for necessary action.
- Ø Alter uniform by removing items if possible and permissible by rules
- Ø Allow for changes to dry t-shirts and shorts by athletes at defined intervals.
- Ø Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
- Ø Postpone practice to later in day.
- v Contact sports and activities with additional required protective equipment
- Ø If helmets or other protective requirements are required to be worn by rule or normal practice, suspend practice or competition immediately
- v For sports that do not have mandatory protective equipment, reduce time of outside activity and consider postponing practice to later in the day.
- v Re-check temperature and humidity every 30 minutes to monitor for changes in Heat Index.

Above 104 degrees Heat Index

- Ø Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.
- This procedure is to be used until such time as the temperature is below 84 degrees as no combination of heat and humidity at that level will result in a need to curtail activity.