

SPRING HILL YOUTH FOOTBALL ASSOCIATION



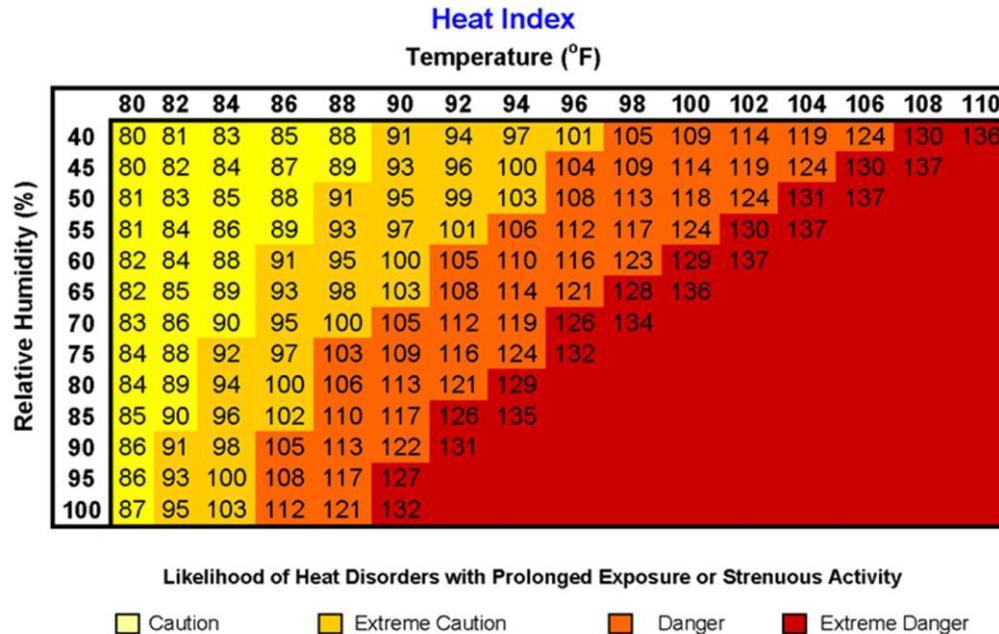
2018 Weather Policy

To continue our focus on safety measures for our participants, the Spring Hill Youth Football Association (Hawks) has created this weather policy that should be followed in the event of inclement weather. All coaches should be familiar with this document and their role and responsibility in an emergency. Any questions should be directed to the President or Vice President of the Hawks.

Heat Index Policy:

Under 95° Heat Index	Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. Optional water breaks every 30 minutes for 10 minutes in duration. Ice-down towels for cooling. Watch/monitor athletes carefully for necessary action.
95° to 99° Heat Index	Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. Mandatory water breaks every 30 minutes for 10 minutes in duration. Ice-down towels for cooling. Watch/monitor athletes carefully for necessary action. Contact sports and activities with additional equipment. Helmets and other possible equipment removed if not involved in contact. Reduce time of outside activity. Consider postponing practice to later in the day. Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
100° to 104° Heat Index	Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire. Mandatory water breaks every 30 minutes for 10 minutes in duration. Ice-down towels for cooling. Watch/monitor athletes carefully for necessary action. Alter uniform by removing items if possible. Allow for changes to dry t-shirts and shorts. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable. Postpone practice to later in day. Contact sports and activities with additional equipment. Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity. Re-check temperature and humidity every 30 minutes to monitor for increased Heat Index.
Above 104° Heat Index	Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

- Down load app from OSHA "heat Safety Tool" (search OSHA heat from your web browser). This tool will provide you with updated data on weather conditions.
 - **Red:** No practice
 - **Orange:** Helmets only (water breaks every 20 minutes and limit practices to 1.5 hours)
 - **Yellow:** Helmets shoulder pads and shorts are recommended (water breaks every 20 minutes and limit practices to a maximum of 2 hours)



Thunder and Lightning Policy:

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. If the game is being played on a campus with a more restrictive policy, the more restrictive policy shall be used.

- When thunder is heard within 30 seconds of a visible lightning strike, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
- Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
- Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.