



Policy Memorandum #9: Weather Safety and Activity Considerations

Effective Date: January 1, 2026

1. Purpose & Scope

1.1 Establish clear guidelines for managing weather-related impacts on Ogden Soccer Club (OSC) events, practices, and games, prioritizing player, coach, referee, and spectator safety.

1.2 This policy applies to all OSC programs, including COMP, GOAL/Recreation, and High School Provisional (HSP), and outlines procedures for weather-related decisions, safety protocols, and environmental risk mitigation.

2. General Weather Policy

2.1 OSC does not cancel or delay practices due to general weather conditions. Coaches are empowered to determine the safety and feasibility of activities based on current conditions.

2.2 Coaches must exercise the utmost care and use the guidelines in this policy when deciding whether to proceed with training.

2.3 All games proceed as scheduled unless fields are officially closed by the city.

2.4 Game delays or cancellations may only be made by the referee, and only when player or spectator safety is at risk (e.g., lightning, severe weather).

2.5 Families are encouraged to monitor local alerts and use real-time weather tools such as WeatherBug's Spark app.

3. Program-Specific Considerations

3.1 GOAL/Recreation Season

3.1.1 Weather-canceled GOAL/Rec games are not rescheduled.

3.1.2 The fall season concludes as scheduled; play resumes in the spring.

3.2 COMP Soccer

3.2.1 If a COMP game is canceled due to weather, coaches must work with the opposing team to reschedule promptly.

3.2.2 All reschedules must follow UYSA and OSC rescheduling procedures (see Policy #8).

3.3 Field Closures

3.3.1 Only local government authorities may officially close fields for COMP play.

3.3.2 OSC may cancel GOAL/Rec games if field conditions are unsafe.

4. Lightning & Severe Weather Protocols

4.1 Referees must pause or cancel games if lightning or severe weather threatens safety, per UYSA and OSC policy.

4.2 Lightning Safety Guidelines:

4.2.1 If lightning is detected within 10 miles, play is immediately paused and all participants must seek shelter.

4.2.2 Use the 30–30 Rule:

- If thunder follows lightning within 30 seconds, seek shelter.
- Wait 30 minutes after the last thunder before resuming.

4.2.3 Safe shelters include fully enclosed buildings or metal-roofed vehicles.



4.2.4 Avoid open fields, tall objects, and metal structures.

4.3 Additional guidance is available through U.S. Soccer's Recognize to Recover program.

5. Environmental Risk Management

5.1 Coaches must consider how weather conditions—heat, cold, rain, wind—affect the health and safety of players, referees, and spectators.

5.2 Coaches should check weather forecasts before all practices and competitions and plan accordingly.

6. Heat-Related Safety Guidelines

6.1 *Assess Conditions*

6.1.1 High temperatures combined with high humidity increase the risk of heat-related illness.

6.1.2 Coaches should check the heat index, which reflects how temperature feels when humidity is factored in.

6.2 *Responding to High Heat*

6.2.1 Notify players and families of expected heat conditions.

6.2.2 Encourage athletes to bring extra water and hydrate properly.

6.2.3 Ensure access to water and ice during practice.

6.2.4 Provide frequent water breaks.

6.2.5 Reduce practice intensity and duration as needed.

6.2.6 Consider rescheduling to a cooler time of day or moving indoors.

6.3 U.S. Soccer's full weather guidelines are available at Recognize to Recover.

7. Exertional Heat Stroke (EHS) Awareness

7.1 Exertional Heat Stroke is a life-threatening condition caused by failure of the body's temperature regulation during intense activity in hot, humid conditions.

7.2 *Potential signs include:*

- Core body temperature $\geq 104^{\circ}\text{F}$ (40°C)
- Confusion, agitation, slurred speech, irritability, delirium, seizures, or coma
- Profuse sweating or altered sweating patterns
- Nausea or vomiting
- Flushed skin
- Rapid breathing or heart rate
- Severe headache

7.3 Immediate medical attention is required if EHS is suspected.

8. Cold Weather Safety Guidelines

8.1 Proper layering is essential for safe participation in cold conditions.

8.2 *Recommended clothing layers:*

- Inner layer: Moisture-wicking material (wool or polyester).
- Middle layer: Insulated fleece or wool to retain heat.
- Outer layer: Water- and wind-proof shell.
- Hats and gloves should be worn to protect extremities.



8.3 Coaches should monitor players for signs of hypothermia or frostbite and adjust activities accordingly.

ALERT LEVEL	WBGH BY REGION (°F)			EVENT CONDITIONS	RECOMMENDED WORK TO REST RATIOS (ACTIONS & BREAKS)
	CAT 1	CAT 2	CAT 3		
BLACK	>86.2°	>89.8°	>92.0°	Extreme Conditions	No Outdoor Training, delay training until cooler, or Cancel Training.
RED	84.2-86.1°	87.8-89.7°	90.1-91.9°	High Risk for Heat Related Illness	Maximum of 1 hour of training with 4 by 4 minute breaks within the hour. No additional conditioning allowed.
ORANGE	81.1-84.1°	84.7-87.7°	87.1-90.0°	Moderate Risk for Heat Related Illness	Maximum of 2 hours of training with 4 by 4 minute breaks each hour, OR a 10 minute break every 30 minutes of training.
YELLOW	76.3-81.0°	79.9-84.6°	82.2-87.0°	Less than Ideal Conditions	3 Separate 4 minute breaks each hour, OR a 12 minute break every 40 minutes of training.
GREEN	<76.1°	<79.8°	<82.1°	Good Conditions	Normal Activities, 3 Separate 3 minute breaks each hour of training, OR a 10 minute break every 40 minutes.