

## ROLAX Inclement Air and Weather Guidelines

Rogers Otsego Youth Lacrosse will follow the guidance of Elk River Independent School District (ISD 728) and/or direction from GNLL. If no specific direction is provided, the guidelines below will be used to determine cancellations or delays.

The purpose of our inclement air and weather guidelines are twofold:

1. To keep our athletes, coaches, volunteers and spectators safe
2. To offer consistency and clarity when it comes to modifying or canceling practices (games are decided by the league).

These guidelines address three air and weather related events including (1) excessive heat, (2) poor air quality, and (3) severe weather.

**1. Excessive Heat:** Heat Index as measured by the National Weather Service (NWS). Regardless of the heat index range, athletes should be watched closely for any heat distress.

- Heat index range of 80-88 is considered in the 'Caution' range: Frequent water breaks should be taken.
- Heat index range of 89-96 is considered in the 'Extreme Caution' range: Coaches will enforce mandatory water breaks every 30 minutes for 5 minutes in duration. Helmets and shoulder pads should be removed when not needed. Find shade or other ways to cool down athletes.
- Heat index range of 97-104 is considered in the 'Danger' range: Practices can occur at the coach's discretion. Athletes will not be penalized for not attending practices when the heat index is considered dangerous. Athletes should not wear shoulder pads or helmets during practice. Coaches or team managers should re-check the heat index every 30 minutes to monitor for increases. Coaches will enforce mandatory water breaks every 20 minutes for 10 minutes in duration. Find shade or other ways to cool down athletes.
- Heat index above 104 is considered 'Extreme Danger': Practice will be suspended or held indoors. Practice may be rescheduled or postponed to a time/day when the heat index has reached an acceptable level. No practice may begin until conditions are acceptable, meaning the heat index is 104 or below.

**2. Poor Air Quality:** All measurements will be taken from <https://www.airnow.gov> for the zip code where the activity is taking place. Regardless of air quality range, athletes should be monitored for respiratory difficulty.

- AQI between 101-150 is considered unhealthy for sensitive groups: Reduce heavy exertion activities. Coaches will enforce mandatory rest and water breaks every 30 minutes for 5 minutes in duration. Coaches or team managers should re-check the AQI every 30 minutes to monitor for increases.
- AQI between 151-200 is considered unhealthy: outdoor activities should be shortened, canceled at coach's discretion, or moved indoors. Practice may be rescheduled or postponed to a time/day when the air quality has reached an acceptable level. Eliminate heavy exertion activities. Coaches will enforce mandatory rest and water breaks every 20 minutes for 10 minutes in duration. Sensitive athletes should not participate. No games allowed.
- AQI 200+: no outdoor activities allowed.

**3. Severe Weather:** When in doubt, err on the side of safety. Monitor weather apps to gauge the threat of severe weather. If you are in a tornado or severe thunderstorm warning, practice must be canceled. If you

hear thunder and/or see lightning within 6 miles of practice facility, wait at least 30 minutes after the last flash of lighting or sound of thunder before returning to practice. If it is raining without the threat of more severe weather, it is the coach's discretion whether practice should be canceled. Parents/Athletes should monitor communications from coaches and/or the association before and during practice to be aware of last minute cancellations.