

# Mt. Pleasant Parks and Recreation Inclement Weather Policy Youth Athletics

The City of Mt. Pleasant Parks and Recreation uses the following inclement weather policy for all outdoor athletic practices/games that are held at indoor and outdoor athletic facilities. This policy is designed to provide program participants with a standard for safe play.

The following information are general guidelines, however MPPR staff may exercise judgment in certain situations in judgement of weather and field conditions due to the variability of weather patterns. Determination of cancellation or postponement at times may be made at the facility or complex.

## General Timeline for Cancellations

Weeknight Activities: Notice by 4:30pm Morning Activities: Notice by 7:30am

<u>Notice/Status of Programs:</u> Will be posted on the Rainout Hotline, website, and social media. Notifications go out to all parties, including parents, coaches, and referees, at the same time. Notifications will go out periodically as needed on days of question.

• Rainout Hotline: We strongly recommend that parents sign up for text alerts and email alerts through this system.

# Indoor/Outdoor Facility Closures and Cancellations

Activities held at City or non-City sites may be cancelled due to inclement weather that may cause unsafe playing conditions or conditions in judgement of staff, to be unsafe for travel. In addition, any programs that take place in Mt. Pleasant Public Schools are subject to cancellation should a school day be cancelled due to weather.

# Thunder and Lighting Policy

All outdoor activities MUST suspend play for 30 minutes from last sight of lightning or sound of thunder, before play may resume. All players, coaches, spectators, and officials must leave the playing field and seek shelter in their vehicles or approved building. To continue activity, it must be determined in the judgement of staff or coach, that there is enough time to complete activity. If conditions limit completion, activity will be cancelled.

### **Communication Outlets**

Website/Rainout Line: www.mt-pleasant.org
\*\*Sign up for text and email alerts\*\*

Phone: 989-981-1010
Facebook: Mt Pleasant Parks and Recreation

### **Heat Index Policy**

The City of Mt. Pleasant Parks and Recreation uses the following heat index policy for all outdoor athletic practices/games that are held outdoors during extreme heat. This policy is designed to provide program participants with a standard for safe play.

The heat index is a measure of how hot it feels by calculating air temperature and relative humidity. Heat index will be determined by the National Weather Service using the website <a href="https://www.noaa.org">www.noaa.org</a>.

The heat index for each game or practice shall be determined 1 hour prior to scheduled start time. It should be understood that the heat index will rise and fall depending on the time of day, amount of wind, cloud cover, etc. For example, a 1pm start time may fall under a different action plan compared to a 4pm game.

It is important for parents/guardians and coaches to monitor youth players during athletic activities during extreme heat. Parents/guardians are responsible for informing their children of the dangers of heat and the need for protection, including sunscreen and proper hydration. Parents/guardians ultimately make the final decision for their child to play during instances when heat may play a factor.

| Heat<br>Index         | Recommendations/Action   |
|-----------------------|--|
| 80 degrees<br>or less | <ul> <li>Heat index at or below this level provides very little danger from heat<br/>and no special measures will be taken by MPPR.</li> </ul>   |
| 81-93<br>Degrees      | <ul> <li>Coaches encouraged to substitute frequently and remind players to hydrate frequently.</li> <li>Players should have cold water bottle for practice/game.</li> <li>No change recommended in game/practice duration.</li> <li>Watch/Monitor players carefully.</li> </ul>  |
| 94-99<br>Degrees      | <ul> <li>Coaches and refs will monitor players and substitute players frequently.</li> <li>Players should have cold water bottle for practice/game.</li> <li>Mandatory 10 minute water brakes following a maximum of 30 minutes of play.</li> <li>Length of program may be altered at the discretion of site supervisor or coaches.</li> <li>Ice water provided at fields through MPPR on game days.</li> <li>Additional shade will be made available to players if possible.</li> <li>Watch/Monitor players closely.</li> </ul> |
| 100+<br>Degrees       | <ul> <li>MPPR will suspend or cancel all games, practices, and programs until<br/>the heat index falls below 100 degrees. Notification will be provided<br/>through MPPR weather outlets.</li> </ul>   |

#### **NOAA's National Weather Service Heat Index** Temperature (°F) 86 88 90 92 94 96 98 100 102 104 106 108 110 89 93 96 100 104 109 114 119 124 **13**0 50 55 88 91 95 99 **1**03 108 113 118 124 **131** 91 95 100 105 110 116 123 129 65 70 93 98 103 108 114 121 128 136 80 94 100 106 113 121 129 85 <mark>36 93 100</mark> 1**08 1**17 Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity Caution Extreme Caution Danger Extreme Danger