



WSA Weather Guidelines

Heat Guidelines

During high heat weather, teams need to take extra precaution to ensure player safety. Player's bodies need time to slowly get acclimated to working out during warmer weather and they need to stay well hydrated before, during and after practice.

During High Heat

- Players should be given water breaks at least every 15 minutes in the shade. They should be encouraged to drink at least 5 ounces at each break.
- U4-U8 practices should be no longer than 45 minutes. U9 and older practices should be no longer than 1 hour.
- Players should be told to take a break whenever they feel they are getting overheated.
- Coaches should modify practices to low stress activities and drills during high heat.
- Players should be encouraged to bring a cool towel to practices along with plenty of fluids.
- Players should wear light-colored, lightweight clothing to practices to keep cool.
- Players should never be punished for sitting out of practice for heat exhaustion symptoms or concerns.
- Coaches and parents should learn the signs of heat exhaustion. Parents should monitor their player during practice. If a player becomes unusually fatigued, dizzy, nauseous or has a headache during practice, have them stop, rest in the shade and drink fluids.

During games referees will offer additional water breaks to both teams. Coaches are encouraged to rotate players often during the game so that they do not become overheated and can rest.

Rain Guidelines

During rainy and stormy weather, teams need to take extra precaution to ensure player safety.

Coaches need to use an app like WeatherBug to monitor for lightning. If there is lightning within a 10-mile radius of your practice location, players need to go sit in their parent's car until it clears.

During games if it is raining and the fields are in good shape and there is no lightning within a 10-mile radius then games will be played.