



Inclement Weather Policy

Lightning & Severe Weather

Lightning is one of the top ten causes of sudden death in sport. As the majority of football is played outdoors, lightning and severe weather pose a threat to player health and safety. With the help of research & guidance from the Korey Stringer Institute, we use the following guidelines for responding quickly and safely when lightning and severe weather threaten practice or a game. When it comes to making decisions to suspend or cancel play due to weather conditions, coaches, officials and administrators all share responsibility. These same individuals should be aware of close safe shelter locations and know how to evaluate when it is safe to resume play after severe weather leaves an area. We will communicate this information completely and quickly to all participants.

- Doncaster Elite FC use the weather app Accuweather along with a lightning radar app, and local media outlets for severe weather watches and warnings. Alerts from these Apps sent directly to a mobile device while we are on the field.
- If lightning is forecast practice should not go ahead.
- The primary location is inside a enclosed building with wiring and plumbing. Secondary, a fully enclosed vehicle with a solid metal roof, like a car. Open fields and open-sided shelters are not safe. If there are no adequate safe shelters close to the field, play must not start or if started, be stopped well in advance of the storm to allow everyone to travel to a safe place or their home.
- If it's been half an hour since thunder, it's safe to go outdoors. Outdoor activity may resume 30 minutes after the last sound of thunder or flash of lightning. The 30-minute clock restarts every time lightning flashes or thunder sounds.

Severe storms are dangerous and can be upon us before we know it. High winds, heavy rainfall, hail, lightning, and thunder can cause serious threat quickly in any situation. If a severe storm is approaching the area, been spotted on Radar, or is visibly in close proximity, activities will be suspended until the area is determined safe to play. DEFC requires all participants to seek immediate shelter in their cars or a permanent structure such as bathrooms/concession buildings. Avoid any open structures, trees, tents, metal or other conducting materials, and unprotected open areas. The coach/staff will notify the team/parents when it is safe to return to the pitch, or activity has been cancelled.

The danger from lightning can persist for 30 minutes or more after a thunderstorm has passed. Lightning can strike from over 10 miles away and is considered a major threat to the safety of our participants. If lightning has been detected within 10 miles or any thunder has been heard, all game(s) and practice(s) will be suspended and all participants will need to seek shelter immediately. Game(s) or practice(s) will not restart for at least 30 minutes after the last lightning strike has been detected or thunder has been heard. If lightning & thunder continue for longer



periods of time, all game(s) and practice(s) will be cancelled.

Hot Weather

Heat-related illnesses, such as heat stroke and heat exhaustion can be serious and potentially life-threatening conditions. Doncaster Elite FC has prepared this guide for coaches, parents, referees and players when training or playing in warmer conditions, outlining recommendations for hydration breaks and participant safety during extreme temperature conditions. The information provided herein is not a substitute for medical or professional care, and you should not use the information in place of a visit, consultation or the advice of your GP or other healthcare providers. For specific questions and concerns, please consult your healthcare provider or GP.

When the body can not continue to cool itself dangerous situations arise. Symptoms caused by the body overheating can include fatigue, nausea, headaches, cramps, dry mouth, and a decrease in sweating. By monitoring and limiting outdoor exposure during extremely hot conditions and properly hydrating our participants, we can create a much safer playing environment.

Excessive heat impact on play

Based upon recommendations, training or match play be cancelled or delayed until cooler when the temperature exceeds 29°C.

DEFC will include scheduled hydration breaks when the temperature reaches 24°C. We will provide hydration breaks of four minutes for each 30 minutes of continuous play.

Once an alert level is determined, we will follow these ratios to modify training to help ensure safe play:

Alert Level	Temperature	Risks	Actions
Black	Temp >29° c	Extreme Conditions	No Outdoor Training or indoor without air conditioning, delay training until cooler, or Cancel Training.
Red	27 - 29° c	High Risk for Heat Related Illness	Maximum of 1 hour of training with 4 by 4 minute breaks within the hour. No high intensity or additional conditioning allowed.

Orange	24 - 27° c	Moderate Risk for Heat Related Illness	Maximum 90 mins of training time with a mandatory 10 minute break after 30 minutes of continuous training. Access to water at all times.
Yellow	Temp >24° c	Less than Ideal Conditions	Use discretion, provide three separate, mandatory 4 minute breaks each hour.
Green	Temp <24° c	Good Conditions	Normal activities. 3 drinks breaks should be provided as a minimum. 3 minutes per break is recommended.

Cold Weather

The effects of cold weather can impact health and safety during practices and games. The definition of “cold stress” varies depending on how accustomed people are to cold weather. Doncaster Elite FC have prepared this guide for coaches, parents, referees and players for training or playing in colder climates. Additionally, it serves as a guide for match play and participant safety during extreme temperature conditions. The information provided is not a substitute for medical or professional care, and you should not use the information in place of a visit, consultation or the advice of your GP or other healthcare providers. For specific questions and concerns, please consult your health care provider or GP.

Cold weather conditions can be just as dangerous. The mix of cold air and hard playing surfaces can cause difficulty breathing, muscle pulls, loss of feeling in extremities, frostbite to exposed skin, and greater risk for injury coming in contact with a harder/cold surface. By monitoring and limiting outdoor exposure during extremely cold conditions we can create a much safer playing environment. Below are the guidelines for temp (air temp or wind-chill factor), amount of exposure, and suggested clothing during cold weather activities.

Alert Level	Temperature with Wind Chill Factor °c	Risks	Actions
Black	Temp <0°c with wind and/or rain	Extreme Conditions	Cancel training/game or attempt to move indoors.
Red	0 - 2 °c	High Risk of cold Related Illness	Modify practice to keep players moving and limit exposure. If raining, consider cancelling.
Orange	2 - 3 °c	Moderate Risk of Cold Related Illness	Ensure players have suitable protective clothing. Players should be encouraged to wear hats and gloves. If heavy rain, consider cancelling.
Yellow	3 - 5 °c	Less than Ideal Conditions	Use discretion, Beware of the potential risk of cold injury. If heavy rain consider cancelling for children younger than 12.
Green	Temp >5°c	Good Conditions	Normal activities.



Layering Technique for Effective Dressing in the Cold

Inner Layer 1: wicking layer (wool or polyester)

Middle Layer 2: insulated layer (fleece or wool)

Outer Layer 3: water and wind proof layer