

MRC Flag Football/Soccer Weather Policy

Ensuring Player Safety & Fair Play in All Conditions

Understanding the Heat Index

The heat index is a measure of how hot it feels when relative humidity is factored in with the actual air temperature. It provides a 'real-feel' temperature that accounts for the body's ability to cool itself through sweat evaporation.

How the Heat Index is Calculated

The National Weather Service determines the heat index by combining air temperature and humidity. Higher humidity reduces the body's ability to evaporate sweat, making it feel hotter than the actual air temperature. The heat index will be determined 10 minutes prior to the start of a game to establish appropriate safety measures.

Heat Index Safety Guidelines

| Heat Index Zone | Temperature & Humidity Range | Policy |
|-----------------|------------------------------|--|
| White Zone | 65–80°F | No special measures required. |
| Yellow Zone | 81–98°F | Coaches must ensure hydration and encourage frequent substitutions. |
| Orange Zone | 99–105°F | Pre-K Soccer / K-1 Flag Football: All practices shortened by 15 min. |
| Red Zone | 106–115°F | Yellow & Orange Zone measures apply. Practices modified as follows: <ul style="list-style-type: none">• Pre-K Soccer / K-1 Flag Football: All practices canceled.• 1st–6th Grade Soccer: All practices shortened by 15 min.• 2nd–6th Grade Flag Football: All practices shortened by 15 minutes. |
| Black Zone | Above 115°F | All practices are canceled. |

Additional Heat Index Policies

- **Game/Practice Completion:** Once a game/practice starts, it will finish under the conditions in place at game time, even if the heat index decreases.
- **Practice Adjustments:** Coaches must modify practices based on the heat index, ensure frequent water breaks, and allow time for cooling down.
- **Dynamic Changes:** The heat index may fluctuate throughout the day, so adjustments will be made accordingly, especially on weekends.

Rainout & Game Cancellation Policies

- The Sports Director or designated staff will determine rainouts or game stoppages due to inclement weather.
- The league will reschedule incomplete games and notify coaches of the new field, date, and time.

MRC Severe Weather & Lightning Safety Procedure

Ensuring Player, Coach, and Spectator Safety During Inclement Weather

Purpose

Maize Recreation has developed a severe weather and lightning safety procedure to minimize the risk of injury from lightning strikes and other severe weather conditions for players, coaches, officials, staff, and spectators. This policy outlines the steps taken to monitor weather conditions, suspend or cancel games, and ensure safe evacuation procedures.

Weather Monitoring

- Maize Recreation will utilize various weather detection devices and sources, along with local weather broadcasts, to assess conditions.
- Lightning detection devices and the Flash-to-Bang method will be used by League Officials (Officials and Field Supervisors) to determine when games should be suspended or canceled.
- If a Severe Weather Warning is issued for Sedgwick County, Maize Recreation may delay, suspend, or cancel games as necessary for the safety of all participants.
- Notifications will be sent via GroupMe to coaches or communicated directly at the field.

Game Day Severe Weather Procedures

Pre-Game Weather Evaluation

If severe weather is a possibility before games begin, the Field Supervisor and/or official will meet with both coaches to explain:

- How weather conditions will be monitored.
- What determines game stoppage due to severe weather or lightning.
- Who makes the final decision to suspend or cancel play.

Heavy Rain Policy

Maize Recreation may delay, suspend, or cancel games in the event of heavy rain. Light rain is generally acceptable for play; however, heavy rain poses significant safety risks due to impaired visibility, poor footing, and potential damage to the playing surface.

Procedures for Heavy Rain Delays:

- The same horn-blast system used for lightning will be followed: - One (1) short horn blast: All games are suspended for a minimum of 30 minutes. - Two (2) short horn blasts: Play may resume once conditions are deemed safe. - Four (4) short horn blasts: All games are canceled and evacuation procedures begin.
- A minimum 30-minute delay will be enforced whenever heavy rain occurs.
- The Field Supervisor has full authority to determine whether rain qualifies as heavy and to suspend play accordingly.

Lightning Safety & Game Suspension

- Suspension of Play: If two confirmed lightning strikes occur within a 10-mile radius, the Field Supervisor will sound one (1) short horn blast to suspend play for 30 minutes.
- Flash-to-Bang Method Alternative: - Count the seconds from a lightning flash to the sound of thunder. - Divide by 5 to estimate the lightning strike distance in miles. - If within 10 miles (50 seconds or less), one (1) short horn blast signals a 30-minute suspension. All players, coaches, officials, and spectators must leave the field and spectator areas and remain at the complex in a safe location, most likely their vehicle.

Resumption of Play

After the 30-minute suspension, if no further lightning is detected within 10 miles, the Field Supervisor will sound two (2) short horn blasts to resume play. The Flash-to-Bang method may be used to confirm safe conditions before resuming play.

Game Cancellation & Evacuation

If severe weather continues and conditions remain unsafe, the Field Supervisor may cancel games. In the event of imminent severe weather, the Field Supervisor will sound four (4) short horn blasts, signaling immediate evacuation to the nearest secure shelter or vehicle.

Important Safety Considerations

- Field Supervisors and Officials have full authority to suspend or cancel games based on the above criteria.
- Games will not resume unless the weather conditions meet the minimum safety requirements outlined in this policy.
- No weather policy can guarantee 100% safety, but following these guidelines minimizes risk and enhances safety for all participants.