



Chattanooga FC Academy Weather Guidelines (Revised Feb. 2021)

Our first priority in any weather-related decisions is our players' safety. The goal is always to play through any weather conditions. Chattanooga FC Academy reserves the right to cancel outdoor training sessions when our players' safety is at risk. Unless an exception is granted by the Director of Coaching, the following policies apply:

Severe Weather Policy

1. Outdoor activity may be canceled for active severe thunderstorm warnings.
2. Outdoor activity will be canceled for tornado warnings.
3. If thunder is heard or lightning is detected within 10 miles, all outdoor activity must stop and players should seek shelter. Outdoor activity may resume once no lightning has been detected for 20 minutes.

Cold Weather Policy

Players are more susceptible to injuries during cold weather, particularly from pulled or torn muscles. Players should be encouraged to wear appropriate clothing to aid body heat retention yet afford adequate movement without creating a safety hazard. Training programs will be cancelled if the projected temperature (including wind chill) at the start of training is projected to be below 20 degrees Fahrenheit. If temperature (including wind chill) is at or below 25 degrees, a shorter training session may take place at the coach's discretion.

Hot Weather Policy

The risk of heat related illness from vigorous sports activity increases with the temperature. The body generates heat which cannot be dissipated readily when the ambient temperature exceeds a certain temperature. Coaches should follow the following procedures based on conditions: Heat Index up to 95°: Normal Play. Regular hydration patterns. Heat index of 95°-104°: Mandatory water breaks every 30 minutes. Heat index over 105°: All outside activity cancelled.

Rain Guidelines

If field conditions are deemed to be safe and no lightning is in the area, teams may train and play outdoors during rain. If the rain is heavy or combined with cold temperatures that border the threshold of the Cold Weather Policy, coaches should use their best discretion on whether to proceed.

Communication

Our goal is to communicate cancellations via TeamSnap, ChattanoogaSoccer.com, and social media as soon as a decision is made. We understand this affects carpool schedules and long commutes, so we will strive to make a decision by 3:30pm during the week and 7:30am on the weekend. We often wait until these times to make a decision in hopes conditions will improve and allow us to play.

Other Considerations

With the exception of lightning risk and extreme heat, exceptions for individual teams may be considered on a case-by-case basis. The age of the team and its upcoming schedule, i.e. State League game or Showcase tournament, will be part of the consideration. Any training that occurs on a date when there has been a club-wide decision to cancel requires prior approval from the Director of Coaching.