



United Soccer Club/City SC NOCO

Weather Policy

Effective Date: January 2026

Approved By: USC/City SC NoCO Board of Directors

Applies To: All players, coaches, volunteers, officials, and staff.

1. Purpose

This Weather Policy ensures safe participation in all Youth Soccer Club activities by establishing clear procedures for hot weather, cold weather, lightning, and severe conditions commonly experienced in Colorado.

2. Scope

This policy applies to all club-sanctioned activities, including:

- Practices
- Games and tournaments
- Camps and clinics
- Tryouts and team events

3. Authority & Decision-Making

- **Coaches, Directors, and Referees** may delay, modify, or cancel activities when weather or field conditions are unsafe.
- **Parents** may remove their child at any time if they believe participation is unsafe.
- When guidelines conflict, the **most conservative safety decision** must be used.

4. Hot Weather Policy

Temperature / Heat Index Thresholds

Temperature / Heat Index	Required Action
< 90°F	Normal activities; encourage hydration.
90–99°F	Increase water breaks; reduce intensity; provide shade. Practices are canceled at the discretion of the Director. Games may proceed only with Director approval.

Hydration & Player Safety

- All players must bring their own water bottle.
- Coaches must provide regular hydration breaks regardless of temperature.
- Players showing signs of heat illness (nausea, dizziness, confusion, excessive fatigue) must be removed immediately.

5. Cold Weather Policy

Temperature / Wind Chill Thresholds

Temperature / Wind Chill	Required Action
35–40°F	Normal play; warm layers encouraged.
25–34°F	Shortened sessions; warm clothing required.
16–24°F	Highly modified sessions; avoid long static drills. Practices are canceled at the discretion of the Directors.
≤ 15°F	All activities canceled.

Approved Cold-Weather Gear

- Thermal layers
- Gloves, hats, and ear warmers
- Neck gaiters (no loose scarves)
- Jackets or training tops for practices
- For games: layers must remain under the jersey and numbers must be visible

6. Lightning & Severe Weather Policy

The club follows the U.S. Soccer **30/30 Rule** (if the time between seeing a lightning flash and hearing thunder is 30 seconds or less, all outdoor activities must be stopped immediately, and people should seek shelter) and National Weather Service guidance.

Automatic Suspension of Play

Stop activity immediately if:

- Lightning is **seen**, or
- Thunder is **heard**

Shelter Procedures

- Participants must move to a fully enclosed building, or a vehicle with windows closed. Unsafe shelter locations include trees, tents, pavilions, dugouts, and metal bleachers.

Lightning Distance Rule

- Activities will be suspended if lightning is detected within **10 miles** according to the Weather Bug app.

Resumption of Play

- Resume only after **30 consecutive minutes** with no thunder or lightning.
- Reset the 30-minute clock after each new event.

7. High Winds, Hail, and Severe Storms

- Suspend activities immediately in hail.
- Cancel or adjust activities when sustained winds exceed **30 mph** or create unsafe field conditions.
- Coaches and directors must err on the side of caution.

8. Field Conditions

Activities may be canceled or modified if fields are:

- Frozen or icy
- Waterlogged or contain standing water
- Muddy or unstable
- Compacted and unsafe from cold
- Impacted by severe runoff or storm damage

Directors may close fields to ensure player safety and protect field integrity.

9. Communication

- Weather decisions are communicated via club email, text system, or team app.
- When possible, cancellations or modifications will be shared **at least 60 minutes** before activities begin.
- On-site cancellations may occur if conditions change unexpectedly.

10. Parent & Player Responsibilities

- Dress appropriately for conditions.
- Bring adequate hydration to every session.
- Notify coaches of relevant medical concerns.
- Remove their child if they appear distressed or unsafe.

11. Coach Responsibilities

- Check weather before and during activities.
- Follow all thresholds and procedures in this policy.
- Modify training intensity and duration when appropriate.
- Maintain a charged phone and access to emergency contacts.

12. Policy Review

This policy will be reviewed annually by the Board of Directors and updated to align with best practices and evolving safety standards.