



WHSC WEATHER PLAN

The safety of players and participants is of utmost importance. Soccer fields can be very dangerous during severe weather.

Ideally, practices or games will be canceled or rescheduled due to severe weather prior to players arriving at the field. The WHSC or coaches can cancel practices. A coach must adhere to any cancellation issued by the WHSC. A coach can cancel a practice on his/her own accord if nothing is heard from the WHSC. For games in Wooster, Wooster Parks and Recreation has a weather hotline (330-263-5203) that tells callers of cancellations. Coaches will (and parents can) check the hotline and inform parents. If Wooster Parks and Recreation emails changes to the WHSC, then the WHSC will immediately inform any affected coaches.

LIGHTNING/THUNDER

Games and/or practices must be stopped and suspended if lightning is seen or thunder is heard.

- Do not wait until it rains
- Do not try to reach the end of practice, the end of a quarter, or the end of a game.

(1) Coaches will release players to their parents or take players to a safe location upon suspension of a game and/or practice. At Killbuck field the safest location is in a fully enclosed metal vehicle such as cars, trucks and vans with windows rolled up. Avoid contact with metal or conducting surfaces outside or inside the car. It is not the rubber tires that makes a vehicle safe, but the hard metal roof which dissipates a lightning strike.

(2) Play and/or practice can resume 30-minutes after the last sighting of lightning or the last sound of thunder heard.

Other lightning tips:

- You are in danger if you can see lightning.
- You are in danger from lightning if you can hear thunder.
- Lightning often travels sideways as far as 10 miles and can strike away from any rainfall, even when skies are blue.
- If you or anyone else feels their hair standing on end, and/or hear "crackling noises," you are in lightning's electric field. If caught outside during this time, immediately remove metal objects (including baseball cap), place your feet together, duck your head, and crouch down low in a baseball catcher's stance with hands on knees, do not lay flat on the ground.
- Avoid being in or near the following areas and items: 1. Open fields and high places 2. Isolated trees 3. Open air picnic shelters 4. Flagpoles and light poles 5. Bleachers (metal or wood; dugouts) 6. Metal fences 7. Golf carts 8. Electrical/electronic equipment 9. Under an umbrella

TORNADOS



WestHolmesSoccerClub

Although rare, tornado conditions are possible.

Games and/or practices must be stopped if anything resembling a tornado is observed.

- Do not wait until it rains
- Do not try to reach the end of practice, the end of a quarter, or the end of a game.

Coaches will release players to their parents or get players indoors. The nearest indoor structures are the homes next to the field or Killbuck elementary school. Although, there is no guarantee that Killbuck elementary school will be open. As a last resort shelter in the indoor bathrooms at the field.

HEAT

Heat related injuries range from minor injuries to medical emergencies (heat stroke).

In hot and humid conditions (~above 90F; at or above 70% humidity) coaches will provide more water breaks, take the water breaks in the shade, and monitor players closely to avoid heat related injuries.

Signs/Symptoms of minor heat injuries that may present themselves at a practice or game:

- Headache
- Mild nausea
- Irritability
- Muscle cramps
- Dizziness
- Pale, clammy skin
- Profound fatigue

Immediately move the player to shade, provide fluids, and follow the WHSC Medical Emergency Plan **for less severe injury** if any of the above present themselves.

Signs/Symptoms of heat stroke that may present themselves at a practice or game:

- Skin is abnormally red, hot, and may be dry or sweaty
- Player has stopped sweating
- Player is disoriented, confused, combative, or hallucinating
- Loss of consciousness
- Seizure
- Excessively high respiratory rate (continuing to breathe hard even after a normal recovery period)

Immediately move the player to shade, cool by fanning or with cool wet wraps, provide fluids (if conscious), remove excess and restrictive clothing, and follow the WHSC Medical Emergency Plan **for severe injury** if any of the above present themselves. (Note – if the player is shivering do not cool by fanning or with cool wet wraps.)