



15 June 2024

## CTXYSA EXTREME WEATHER GUIDELINES

**\* CTX YSA Directors can enforce restrictions or precautions at any time due to weather conditions to ensure the safety of our athletes and families.**

1. Organization Directors have the responsibility for ensuring compliance with these guidelines by all coaches, team managers, and members.
2. Inclement Weather: CTX YSA Organizations will make every effort to cancel or adjust scheduled events at least 1 Hour prior to the designated start time. Weather forecasts calling for rain or storms must be evaluated with current weather conditions and not taken at face value when making decisions. There are different weather conditions for football and cheer that can impact their event.
3. Rain: If it is raining periodically or lightly, practice will continue. Heavy continuous rain during or prior to practice making fields unsafe will result in practice being canceled. We must remember we are tenants utilizing school or city property and cannot do things that damage the property. Games can only be cancelled/postponed by the school district, TXAAUYFL, TYFA or officials (if already started). We will play in the rain, wind, snow, ice, cold, heat, and whatever else Mother Nature throws at us.
4. Lightning: Directors and other staff utilize a weather app to determine how close lightning is to the practice area. If it's within five miles, practice is canceled, and everyone instructed to leave the field as soon as possible. Resumption of the event requires no additional lightning within 30 minutes.
5. Tornado Threats: Watch means conditions could be conducive to development of tornados. Warning means a tornado or atmospheric rotation is present in the area. Watch = Make a safety call based on current conditions and be alert for changes. Warning = CANCEL and seek shelter immediately.
6. Heat Index: Use of weather app encouraged

Heat Index		
Less Than 100	Mandatory Water Breaks Every 20 Minutes	Unlimited Access to Drinking Water at All Times
101 – 110 *Practice Limited to no more than 2 hrs	* Mandatory Water Breaks Every 20 Minutes * Utilization of Natural / Artificial Shade for Water Breaks	* Unlimited Access to Drinking Water at All Times * Helmets & Shoulder Pads – NO FULL SPEED DRILSS
111 – 115 *Practice Limited to no more than 1.5 hrs	* Mandatory Water Breaks Every 20 Minutes * Utilization of Natural / Artificial Shade for Water Breaks	* Unlimited Access to Drinking Water at All Times * Helmets ONLY
<b>Greater than 115</b>	<b>NO PRACTICE</b>	<b>NO PRACTICE</b>

\* Additional heat precautions may be taken by individual teams; these are the minimum requirements.