

## Activity Restrictions for Outdoor Conditioning

The following guidelines are mandatory

**Hot Weather Restrictions** – All outdoor activities for physical conditioning\* are to be canceled when:

- 1. The Temperature is equal to or above  $95^{\circ}$  F and/or
- 2. The Heat Index is equal to or above  $95^{\circ}$  F

**Cold Weather Restrictions** – All outdoor practices are to be canceled when:

- 1. The Temperature is equal to or lower than 35° F and/or
- 2. The Wind Chill is equal to or lower than  $35^{\circ}$  F

The Batesville Soccer Club will use the Weather Channel (<u>www.weather.com</u>) as the source in determining the above criteria. The heat index and wind chill on the weather channel is indicated as "Feels Like". The weather source should be checked 1 hour before practice and then your team notified of cancellation using E-mail and "one Call Now".

\* Note: Physical conditioning does not pertain to "talking about team strategy", or working on "set plays" (ex. Indirect kicks, corner kicks, etc.) This type of practice is allowed with proper hydration breaks.

Lightning Policy – All outdoor activities (practices and games) are to be suspended when lightning appears. Practice will be suspended for 30 minutes from the last flash of lightning. Remember that lightning can travel 10 miles in either direction.

Thanks, Jesse Haessig – President Batesville Soccer Club