



TWIN CITY SOCCER CLUB INCLEMENT WEATHER & LIGHTNING POLICY:

Players and parents should make a habit of checking the Twin City website (www.twincitysoccer.com) by 3:30 p.m. on the days of scheduled practice sessions. If you do not have access to a computer, please call the TCYSA weather hotline at (336)998-4277. In either case, if there is no message specific to that day's events, please come to your game or practice session as planned.

Occasionally, developing weather conditions will cause staff to cancel practice on site. Please understand that TCYSA does not take canceling sessions lightly, however its primary concern is for the players' safety. If severe weather threatens or the fields are soggy and create dangerous field play, TCYSA staff will cancel sessions. Parents need to be aware of the potential impact of weather and be available to pick up their player promptly if a session is called off during training.

Practice sessions typically will not be extended to make up for lost time; if players are called off the field with 30 minutes of practice or less remaining, they should be released for the evening.

Because our area is particularly susceptible to afternoon lightning and thunderstorms, coaches and staff will abide by the following procedures:

- Practice will be delayed by a minimum of 30 minutes if the flash of lightning and its thunderclap occur within 30 seconds *or less* of one another. Practice will not resume until 30 minutes after the last sound of thunder.
- Players will be told to leave the field for safe shelter that includes sturdy buildings or inside a hard-top vehicle with windows closed. **AVOID:** Isolated trees or other tall objects, bodies of water, sheds, fences, convertibles, tractors, bikes and motorcycles. Avoid leaning against vehicles.
- If lightning threatens and a player cannot reach suitable shelter, he or she should assume a lightning-safe position: crouch on the ground with weight on the balls of the feet, keeping feet together and the head lowered and ears covered. Assume this position if you feel your hair stand on end, your skin tingle, or you hear crackling noises. Never lie flat on the ground.
- **Do not stay in a group.** Stay several yards away from other people. Don't share a bleacher bench or huddle with other players.

Cold Weather Guidelines:

Wind Chill ABOVE 36 deg F	Normal Practice
33-36 deg F with Precipitation	No more than 40 min outside per session May return outside after 20 min indoors
32 deg F or Below with Precipitation	No Outside Practice
32-35 deg F without Precipitation	No more than 1 hour outside per session May return outside after 30 min indoors
26-31 deg F without Precipitation	No more than 30 min outside per session May return outside after 15 min indoors
25 deg F or Below without Precipitation	No Outside Practice