



DMSC Weather Policy

July 19, 2021

Heat Guidelines:

- Refer to US Soccer's "Recognize to Recover" document for weather chart and more info on best practices
- If the "real feel" temperature (actual temperature with humidity factored in) exceeds 90 degrees fahrenheit, consider modifying training, either shortening the duration or increasing the frequency of water breaks
- If there is any sort of heat advisory in effect, training should be postponed or cancelled

Cold Weather Guidelines:

- Refer to US Soccer's "Recognize to Recover" document for weather chart and more info on best practices
- If the "real feel" temperature (actual temperature with wind chill factored in) is lower than 30 degrees fahrenheit, consider modifying training, either shortening the duration or decreasing the amount of time players would be standing still
- If the "real feel" temperature (actual temperature with wind chill factored in) is lower than 20 degrees fahrenheit, training should be postponed or cancelled

Lightning & Severe Weather:

- If thunderstorms are forecasted, make a call on training by 2pm that day
- If the decision is to go ahead with training as scheduled, each facility will have a point person who tracks weather and makes the call if necessary
- Phone apps such as WeatherBug should be utilized if a lightning detector is unavailable - DO NOT GO ON SIGHT OR SOUND ALONE
- If lightning strikes within 10 miles, all people at the complex are required to seek shelter for a 30 minute period before resuming play
- Each subsequent lightning strike resets the clock to 30 minutes