

Rain Policy

Decisions on field closures are made as late as possible in order to give the best possible chance for the game to be played, however some decisions are easier than others and therefore it is possible that a field or park maybe closed prior to game day. Please check the McLean Youth Soccer website for field closures. If a field closure is not reported on the website, it is at the discretion of the training program coach/administrator to determine whether training is cancelled.

Winter Weather Policy

Players are more susceptible to injuries during cold weather, particularly from pulled or torn muscles. Players should be encouraged to wear appropriate clothing to aid body heat retention yet afford adequate movement without creating a safety hazard. As a general rule, training programs will be cancelled if the projected temperature (including wind chill) at the start of training is projected to be below 25 degrees Fahrenheit.

Hot Weather Policy

The risk of heat related illness from vigorous sports activity increases with the temperature. The body generates heat which cannot be dissipated readily when the ambient temperature exceeds 85 degrees F, depending upon the humidity. Hot weather is considered at any point where the heat index reaches or exceeds 90. As a general rule, training programs will be cancelled if the heat index at the start of training is projected to be above 95 degrees Fahrenheit (per US Youth Soccer guidelines). Coaches should exercise caution and provide additional water breaks.

Lightning and Thunder Policy

This policy is in effect for ALL Instructional and Travel practices and games, as well as all other McLean Youth Soccer related outdoor activities.

At the first sound of thunder or the first sign of lightning, all coaches, players, referees and spectators are to withdraw from the field and seek proper shelter.

In the case of Travel, McLean Soccer members should make our visitors aware of our policy and instruct them to seek proper shelter. No place outside is safe near thunderstorms. The best shelter is a large, fully enclosed, substantially constructed building. A vehicle with a solid metal roof and metal sides is a reasonable second choice.

30 minutes Rule - Wait at least 30 minutes after the last sound of thunder or the last lightning flash before giving the "all clear" signal and resuming normal activity. If thunder is heard or lightning is seen again within that 30-minute time frame, all activities shall be cancelled for that time frame.

Any new activities that follow shall have to repeat this same policy before starting.

Lightning research has confirmed that consecutive lightning strikes can occur as much as six miles apart. People often do not perceive lightning to be close if it is two miles or more away, but the risk of the next strike being at your location may actually be very high. Many lightning casualties occur in the beginning as a thunderstorm approaches because people ignore these precursors. When thunderstorms are in the area but not overhead, the lightning threat can exist even if it is sunny at your location.

No Lightning/Thunder Safety Policy can give 100% guaranteed total safety but these steps will help try to avoid casualties by taking evasive action.