



Article XVII – Inclement Weather Policy

Below is a guide for weather. Ultimately, it will be up to the coach's discretion as to whether or not to hold practice. Games will be decided upon by LCL Board officials. Aledo Ladycats Lacrosse will utilize Weatherbug App for lightning and Wet Bulb Temperatures located at Trinity Christian School located in Willow park, TX as the closest detectable location. All coaches will have the app downloaded for use

Hot Weather

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. Coaches should follow the following procedures based on conditions:

- Heat Index up to 89°: Normal Play. Regular hydration patterns
- Heat index of 90°- 95°: Mandatory water breaks every 20 minutes
- Heat index of 96°-102°: Mandatory water breaks every 15 minutes
- Heat index over 103° (at start of training): All outside activity cancelled

Cold Weather

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 canceled if the projected temperature (including wind chill) at the start of training is projected to be below 25 degrees Fahrenheit.

Inclement Weather

Rain: All lacrosse events will be played during rain unless the fields are deemed unplayable and closed by the AISD.

Lightning Procedures:

Following the Lightning procedures that are put in place by USA Lacrosse, Aledo Ladycat Lacrosse will follow the procedures outlined below.

1. When bad weather starts to move in, designate one person who is at the field to monitor the weather (coach).
2. If there is lightning within 10 miles of our location, as determined by Weatherbug app we will evacuate the field immediately.
3. Suspension of play/practice will run in 30 minute intervals. There must be a MINIMUM of 30 minutes between the time of the last lightning strike in the 10 mile radius, and the resuming of play/practice.
4. If need to take cover choose a Safe Location (including grounded building or vehicle) rather than an Unsafe Location (including small covered shelters outside, such as dugouts, bleachers, rain shelters, golf shelters, picnic shelters, or near light post or fences).
5. Resuming of play will occur if lightning has cleared the area and met standards by USA Lacrosse guidelines, and there is still time left for practice.