



## **YMCA OF FLORIDA'S FIRST COAST - SPORTS WEATHER POLICY**

The YMCA of Florida's First Coast is dedicated to ensuring a safe and enjoyable experience for all participants. This document outlines the Weather Policies to maintain a safe environment.

### **LIGHTNING AND INCLEMENT WEATHER POLICY**

The Sports Director will assess weather conditions and notify participants whether games or practices will continue. Decisions on game and practice times will be made as early as possible before the scheduled time unless conditions become unsafe after the game or practice has started. Updates will be communicated via email and Playerspace. Please understand that safety for all participants is our top priority.

### **LIGHTNING POLICY**

In the event of severe weather conditions, the YMCA has implemented a lightning safety plan. This plan is designed to ensure the safety of players, parents, and staff during thunderstorms.

- The Sports Director will stop play and instruct all participants to clear the field if lightning is observed or thunder is heard.
- If lightning is seen or thunder is heard, the Sports Director will immediately inform coaches and officials.
- If a risk is recognized, activities will not resume until 30 minutes have passed since the last lightning strike and after thunder has stopped. This decision will be approved by the Sports Director.
- Games and/or practices may be canceled if the weather is too severe or if field conditions are deemed unsafe.
- When asked to clear the field, all participants are requested to return to their vehicles and check for weather updates on YMCA communication pages.

### **TIPS FOR WARM WEATHER CONDITIONS**

During extreme warm weather conditions, please remember the following:

- Take frequent rest and water breaks.
- Drink water before you feel thirsty; by the time you feel thirsty, you may already be dehydrated.
- Wear light, loose-fitting clothing made of breathable fabric and light colors.
- Listen to your body. Stop if you experience chest pain, dizziness, lightheadedness, or nausea.
- Your child's participation in the program is at your discretion. If you feel conditions are unsafe for your family, attendance is not required.