

Outdoor Sports Cold Weather Guidelines

46° and higher - No Change / Games played as scheduled

45° and lower – Additional Clothing beneath Uniform Suggested

(Long Sleeves / Long Pants / Additional Socks)

40° and lower – Shorten Games or Cancel Practice

35° and lower – Suspend Games

Temperature means either ambient (still air) or wind chill index.

The Sports Director or Sports Coordinator will determine the official temperature, and make a decision on games. Decisions on game times will be made at least 60 minutes prior to your scheduled game time, when possible. Updates will be posted on QuickScores, as well as the FaceBook page. Bouse Sports Complex will guarantee two make-up game per season due to weather. Coaches are asked to use these guidelines in determining practice conditions / cancellations. We want to re-emphasize that we are here for the children and we want to try and ensure that they have the safest environment possible. Please contact your Sports Director with any other questions that you might have related to the above topic.

Cold Weather Tips

- Safety and health of the players come first.
- Jackets may be worn, but the jersey must be on the outside
- Players on sidelines should remain dressed (if in warm-ups) until they enter the game.
- Players coming off should towel off (if sweaty) and get dressed quickly.
- No one should sit or lie directly on ground. The heat is lost faster to ground than to air.
- Keep hydrated-avoid caffeine and pop.
- Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.
- Keep an eye on the outfielders—usually the player who gets coldest first, due less running or moving.
- Referees and coaches should discuss weather and fields pre-game.

