



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth Sports Weather Policy

The Lincoln YMCA Youth Sports believes in providing a safe experience for all participants. YMCA Youth Sports Directors are responsible for monitoring the weather and will make decisions regarding whether games should be played, suspended or resumed. It should be noted that in any situation the parent/guardian has the right for their athlete not to participate.

Lightning Plan

A lightning detector is located at both YMCA Wright Park for YMCA staff onsite and will be used when weather conditions warrant.

Any lightning that is visible or detected within "1-5" mile radius of the game site on lightning detector will immediately result in stoppage of play.

In some cases lightning may be far away, in which the "30 second flash-to-bang method" will be used. If there is less than 30 seconds between the lightning and the thunder then lightning is a danger. Stoppage of play will occur immediately.

YMCA on site staff will drive around in all-terrain vehicles notifying officials/coaches by giving the waving arms signal when lightning is too close. This will let officials know that stoppage of play will occur immediately.

During stoppage of play due to lightning, everybody must go to their vehicles and wait for decision by YMCA Staff. Coaches only may go to main office area where decisions will be made regarding game status.

The approved time to resume play after the last thunder heard or lightning seen is 15 minutes.

The "All Clear" to resume play or the decision to cancel games will be given to officials/coaches by the YMCA Site Supervisor on duty.

Heat Plan

Coaches and parents need to monitor athletes at all times.

It is recommended that athletes drink 4 – 8 oz of water 15 minutes prior to participating.

Athletes should never be turned down for a water break, must be allowed to take water breaks when needed.

When the temperature is 80-95 degrees with high humidity, athletes need to have water breaks after 30 minutes of practice/play. Again, if an athlete needs a water break then it must be given.

Rest of 3 to 5 minutes for breaks must be given, preferably in shaded area if available.

When the temperature is 95-100 with high humidity, athletes need to have water breaks every 15 minutes with rest breaks, preferably in shaded area if available.

When the temperature is 100 + degrees. Water breaks should be every 5 to 10 minutes.

Games may be shorten but not cancelled due to excessive heat (coaches and officials will decide length of game).

Any athlete that does not "feel well" should be taken out immediately and is to be given aid immediately.

Reminders:

Games may be cancelled because of excessive rain and wet fields.

Games will not be cancelled because of heat, but games may be shortened and water breaks will be given.

Cold weather game decision will be evaluated depending on the duration of cold air and wind chill.

For updated Youth Sports Game information please use the following methods.

1. Call 402-434-9211
2. When games are cancelled a notice will be posted at ymcalincoln.org/youth
3. When games are cancelled a notice will be sent out through Playerspace