

Weather & Spare The Air Advisories

Every year, there are questions regarding weather and Spare The Air advisories. The safety of our children comes first. We ask everyone - coaches, referees, team managers, & parents - to use common sense and follow some basic guidelines to determine if it's safe to play soccer.

Heat & Cold

We do not automatically cancel training and games when it's hot. You should use your best judgement in these situations to determine if you can have a meaningful training session or meeting. Obviously, if it's hot, you'll want to make sure everyone remains properly hydrated, including yourself. Be on the alert for signs of heat exhaustion and heatstroke. Also, take plenty of breaks to sit in the shade. These are good times to discuss tactics and strategy or just get to know the kids better. If it's extremely hot, consider canceling or moving indoors for a team meeting. No one will have any fun, even parents sitting in the shade, if it's too hot.

If the temperature drops, we ask everyone to bundle up. Players may wear knit caps, gloves or mittens, long sleeves under jerseys, and/or tights under shorts. We ask that you avoid wearing baggy sweat pants as they become waterlogged if it starts raining. Gloves and mittens must be free of material that could cut or scrape players. Hoodies may be worn under jerseys, but the hood and strings must be tucked inside so they cannot get caught by other players during play.

Spare The Air

As the heat increases, the likelihood of poor air quality also increases. If there is a Spare The Air advisory, you should consider canceling training or hold a meeting indoors. If you do meet outside, keep activity levels to a minimum to limit exposure to polluted air. Be aware that some parents may choose to keep their kids home on Spare The Air days, especially those with respiratory ailments. You may not hold that against the players in any way.

If there is a Spare The Air advisory on a game day, the Regional Board will make a determination if games should be cancelled for the safety of players and spectators. If games are cancelled, we will communicate the decision accordingly.

Rain, Thunder & Lightning

Rain is not generally a reason to cancel training or games. If it is raining heavily or has been raining steadily, the Regional Board may close fields for safety and/or to avoid damaging the fields. If thunder is heard or lightning is seen, immediately stop activities and move to a safe location indoors or in a vehicle. Do not resume activities until at least 30 minutes have passed since last witnessing thunder or lightning.

For more information, check out <http://www.sparetheair.com/> to find out about the air quality forecast and to register to receive advisories. In addition, we have the links to the weather and Spare The Air on our website: <http://www.antelopepayso.org/?weather>.