

## Storms and Lightning

If a severe storm approaches the playing area the game may be suspended while shelter is sought. In the event the game is suspended, ALL participants MUST clear the field immediately and move into their cars or other permanent shelter.

If there is visible lightning or audible thunder, the game must be suspended and all participants are expected to seek shelter. Games cannot be resumed until 30 minutes passes without the presence of lightning or thunder.

In the event of National Weather Service warning (i.e. tornado warning) games must be suspended immediately and everyone must seek shelter.

## Heat

The following precautions must followed when there is a possibility of dangerous high heat index:

HEAT INDEX	GUIDELINES
Up to 89 degrees	No adjustments necessary
90 - 99 degrees	Two-minute water breaks per half with running time. Each half shortened by five minutes
100 - 104 degrees	Two-minute water breaks per half with running time. Each half shortened by ten minutes
105+ degrees	Suspended Play

## Air Quality

AIR QUALITY INDEX	OUTDOOR ACTIVITY GUIDANCE
Green	Great day to be active outside!
Yellow	Good day to be active outside! Those who are unusually sensitive to air pollution could have symptoms.
Orange	It's OK to be active outside. For longer activities such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.
Red	For all outdoor activities, take more breaks and do less intense activities. Consider moving longer or more intense activities indoors or rescheduling them to another day or time.
Purple	Move all activities indoors or reschedule them to another day.

In case of potential air quality issues the following precautions will be followed for determining activity level. The Tournament Director will use <https://www.airnow.gov> to check AQI levels.

### AQI 100-150:

- Add one hydration break per half to be taken midway through the 1st and 2nd halves.
- Players with underlying conditions should use caution.

### AQI 150-180:

- Games should be shortened to not exceed one hour.
- Add two hydration breaks per half.
- Players with underlying conditions should use caution and not participate if risk of health complications.

### AQI 180+

- All games will be canceled/postponed.