

Purpose: The Woodbury Athletic Association (WAA) is dedicated to prioritizing the health and safety of our athletes. This Weather Policy outlines the procedures for determining if the weather is acceptable for WAA-hosted activities, and if any modifications to activity are necessary.

Storms and Lightning:

- For activities at M Health Fairview Sports Center: the facility's Thor Guard lightning prediction system will sound a long horn blast when lightning is predicted – seek shelter immediately. Activity may not resume until the system sounds three short horn blasts signaling all clear.
- Outdoor activities at all other locations: If there is visible lightning or audible thunder, activity must be suspended, and all participants are expected to seek shelter. Activity cannot be resumed until 30 minutes pass without the presence of lightning or thunder.
- Indoor and outdoor activities: In the event of a National Weather Service warning (i.e. tornado warning), activity must be suspended immediately, and everyone must seek shelter.

Air Quality:

Finding the AQI:

- The air quality index for your activity's location should be monitored using [AirNow.gov](https://www.airnow.gov), by selecting "Monitors Near Me" and finding the air quality monitor nearest your activity's location.

Modifications to Activity:

101-150 AQI (Unhealthy for Sensitive Groups)

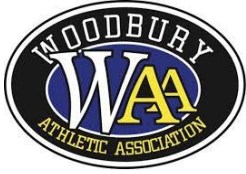
- Athletes with asthma, or any athlete who develops cough, chest tightness, wheezing, or shortness of breath should not exercise outside when the air quality index is 101 or higher.

151-200 AQI (Unhealthy)

- If possible, moving activity indoors when the AQI reaches 151 or higher is recommended.
 - If it is not possible to move indoors, reduce activity length and increase the number of breaks.

201-300 AQI (Very Unhealthy)

- All outdoor activities should be moved indoors, postponed, or cancelled.



Heat:

Heat Index Under 95°

- Provide ample amounts of water – water should always be available, and athletes should take in as much water as they desire
- Optional water breaks every 30 minutes for 10 minutes duration
- Watch/monitor athletes carefully for necessary action

Heat Index 95° to 99°

All sports:

- Provide ample amounts of water – water should always be available, and athletes should take in as much water as they desire
- Mandatory water breaks every 30 minutes for 10 minutes duration
- Watch/monitor athletes carefully for necessary action

Contact sports:

- Helmets and other possible equipment removed if not involved in contact
- Take breaks in shaded areas when possible or in air conditioned buildings/vehicles
- Reduce time of outside activity. Consider postponing activity to cooler time of day if possible.

Heat Index 100° to 104°

All sports:

- Provide ample amounts of water – water should always be available, and athletes should take in as much water as they desire
- Mandatory water breaks every 30 minutes for 10 minutes duration
- Watch/monitor athletes carefully for necessary action
- Reduce time of outside activity as well as indoor activity if air conditioning unavailable
- Postpone activity to cooler time of day if possible.

Contact sports and activities with additional equipment:

- Helmets and other possible equipment removed if not involved in contact or necessary for safety. If equipment is necessary for safety, suspend activity.
- Take breaks in shaded areas when possible or in air conditioned buildings/vehicles.

Heat Index above 104°

All sports:

- Stop all outside activity, and stop all inside activity if air conditioning is unavailable.