



## IYSA Environmental Conditions Policy

### 1. Purpose --

1.1 The purpose of this policy is to ensure the safety and well-being of all players, coaches, officials, and spectators by providing guidelines for managing environmental conditions during soccer activities. These guidelines are based on US Soccer's Guidelines, Idaho state and Federal guidelines.

### 2. Policy Standard --

2.1 These guidelines will be IYSA minimum standards that they will adhere to, unless further policy has been adopted to enhance these standards within any policy or rule of competition that IYSA operates.

### 3. Heat --

3.1 Monitoring Temperature and Humidity: Regularly check the heat index using reliable weather services.

3.2 Hydration Breaks: Implement mandatory hydration breaks every 15-20 minutes during high heat conditions. A hydration break should be taken halfway through each half of each game.

3.3 Heat Index Guidelines: Follow the US Soccer heat guidelines to modify or cancel activities based on the heat index:

3.3.a Below 89°F: Normal play with regular water breaks.

3.3.b 90-104°F: Increase water breaks and rest periods. Reduce intensity and duration of activities.

3.3.c Beginning at 90° degrees, during match play, a water break should be taken halfway through each half of play. Allowance for stoppage time at discretion of league and guidance given to referee.

3.3.d 105°F and above: Suspend all activities.

### 4. Air Quality --

4.1 Monitoring Air Quality Index (AQI): Use reliable sources such as Idaho Department of Environmental Quality (DEQ) or the (EPA) to monitor AQI.

[Idaho of Environmental Quality - Real-Time Air Monitoring](#)

4.2 AQI Guidelines:



4.2.a 0-50 (Good): Normal activities.

4.2.b 51-100 (Moderate): Normal activities, but sensitive individuals should reduce prolonged or heavy exertion.

4.2.c 101-150 (Unhealthy for Sensitive Groups): Sensitive individuals should avoid prolonged or heavy exertion. Consider reducing intensity and duration of activities.

4.2.d 151-200 (Unhealthy): Everyone should reduce prolonged or heavy exertion. Consider moving activities indoors or rescheduling.

4.2.d(1) Any AQI 151+, matches/ practices should be stopped until the next AQI reading is available. Decision to cancel remainder of day or just suspend is left to governing body for that match.

4.2.e 201-300 (Very Unhealthy): Cancel outdoor activities.

4.2.f 301-500 (Hazardous): Cancel all outdoor activities.

### 3. Sun Safety --

3.1 Sunscreen: Encourage the use of broad-spectrum sunscreen with an SPF of at least 30. Apply 30 minutes before exposure and reapply every two hours.

3.2 Shade: Teams should ensure that shaded areas or shelters are available at fields for rest and recovery.

### 4. Cold Weather --

4.1 Layering: Encourage players to wear layers that can be added or removed based on activity level and weather conditions.

4.2 Warm-Up and Cool-Down: Ensure proper warm-up and cool-down periods to prevent injuries.

4.3 Cold Weather Gear: Use appropriate gear such as gloves, hats, and thermal wear.

4.4 Cold Weather Guidelines:

4.4.a Above 30°F: Normal play with appropriate clothing.

4.4.b 20-30°F: Shorten practice and match durations. Increase warm-up time.

4.4.c Below 20°F: Consider canceling or rescheduling activities.

### 5. Lightning and Severe Weather --

5.1 Monitoring Weather: Use reliable weather services to monitor for severe weather warnings (Weather Bug, Lightning app, etc.)



## 5.2 Lightning Safety: Follow the 30-30 rule.

If officials detect within a 10-mile radius a verified ground strike, see lightning, or hear thunder they consider within a reasonable distance, the game will be automatically stopped for at least 30 minutes. Should there be lightning or thunder during the 30-minute stoppage then the 30-minute timer will start again.

## 6. Field Conditions --

6.1 Wet and Muddy Conditions: Assess field conditions after rain. If fields are excessively wet or muddy, consider canceling or postponing activities to prevent injuries and field damage.

6.2 Ice or Snow Conditions: Assess field conditions. If fields are unsafe to walk over or are covered in snow, cancel or postpone activities.

### 6.3 Cancellation of events:

6.3.a Referees have the right to deem playing conditions unsafe and can abandon the game at any time.

6.3.b The Owner of a Facility has the final say on events being cancelled or played due to field conditions. The facility owner should give as much notice of cancellation as reasonably possible.

## 7. Considerations --

7.1 All these guidelines are intended to provide clarity on certain environmental situations that may occur. If something is not specifically stated in this policy, please check the competition rules for the event in question, further environmental practices may be specified within that event.