



SAN RAMON FUTBOL CLUB

San Ramon FC Heat Policy

(Final as of September 11, 2017)

Overview: We believe that ultimately parents are best positioned in most circumstances to protect their children from heat related illnesses. Parents best understand how their children react to heat and whether they have underlying respiratory issues. Parents are also best placed to monitor their children's hydration throughout the day and to be able to influence what their children consume prior to attending a soccer game or training session. As a result, we want parents to feel comfortable that they can hold their children out of a game or training session with no consequences if they believe it is too hot for their children to participate.

Training Sessions: In most cases training sessions will be held. Making a club wide decision in all but extreme conditions (as determined by the attached US Soccer Heat Guidelines) will be rare as the effects of the heat will be different based on the age of the players, the time of the session and whether or not the session is held on grass or synthetic turf. If training proceeds as scheduled, parents need to exercise their discretion, in the interest of the health of their children, to determine whether or not the child will participate in the training session. If the parent withholds the child from participating in the training session, there will be no punishment for the child for missing the session, but we do ask that the parent notify the coach that their child will not participate as early as possible. Coaches, when running sessions in the heat are reminded to:

1. Provide for frequent breaks – no more than 15 minutes apart – and when possible to take the break in the shade. Breaks should also be a bit longer than usual;
2. Allow any child who requests water to get water on request;
3. To modify the session's intensity and physical load to account for the weather; and
4. Pay particular attention to whether a child is showing signs of heat distress – and if such signs are seen remove the player from the session and cool the player. In general, a player removed from a session due to heat should not be permitted to return.

Games: Except in the most extreme conditions, games will most likely proceed. With away games (including tournaments), we have no ability to cancel a match due to heat – it is not provided for in the NorCal rules and decisions will be at the discretion of the hosting club. One of the reasons we will be hesitant to cancel training sessions is the unlikelihood that games will be cancelled due to the heat. Acclimatizing to the heat by training in it is the best way to prepare a player for a game and to limit the possibility of the player suffering from a heat related injury or illness in a game.

With home games, we will make decisions on whether to play in two situations:

1. If we have engaged a Certified Athletic Trainer (as we do for tournaments but not league or State Cup games), we will defer to the advice of the Certified Athletic Trainer. That individual will be charged, in part, with monitoring the heat and humidity.
2. If we have not engaged a Certified Athletic Trainer (currently this is the situation for all game days other than tournaments), we will decide whether to play or not based on the US Soccer Heat Guidelines attached.



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In conditions where it is hot, but we determine it is safe to play, we will advise referees officiating matches we host to give water breaks halfway through each half. If the temperature exceeds 92 degrees Fahrenheit, we will insist that heat breaks be given.

In addition: we advise that:

1. All teams purchase and have a shade structure that is taken to all home and away games;
2. All coaches, when offered the opportunity for water breaks accept the offer;
3. That teams, when possible are allowed to set their benches in shade, even if that requires the spectators to sit in the sun, or if both parents and players will be on the same side of the field;
and
4. That parents work with their children to make sure the player (a) is adequately hydrated prior to the match, and (b) has adequate fluid to remain hydrated at the match.

Any league or State Cup game cancelled due to heat will be rescheduled, if possible. Any tournament game or training session cancelled due to heat will not be rescheduled or refunded. Any camp or clinic cancelled due to heat will be rescheduled if possible and no refund will be given if rescheduled. If a camp or clinic cannot be rescheduled, then a refund will be given.