

Email to CYSA families- August 17, 2023

Today was a first for CYSA. We made the decision to close rec practice fields due to dangerously high temperatures. This is the most extreme heat we have seen in our time in this organization, and we feel like it's now necessary to put an Extreme Heat Policy in place. There are a few factors that will determine this new policy, much like with the cold. For instance, below freezing actual air temps are an easy cancel, but other factors like wind chill and no sun can affect cold weather decisions, too. Fortunately, US Soccer has begun using WBGT (Wet Bulb Globe Temps) as a guideline for playing in the heat to help make it an easier call.

As Texans, (native or transplants!) we know heat and we (mostly!) know how to handle it. But the human body, especially children, can only take so much! 100 degrees is one thing here, but 109 is another! And, while 90 degrees in New Hampshire for example, might be really hot for them, 90 is nothing here because we are so used to it. So, WBGT takes our part of the country into account, including humidity levels and air temperatures.

For the purposes of CYSA, we will use the WBGT guidelines for closures only. Before temps reach the cancellation level, it will be up to parents on what your child can handle. Player safety comes first, so we will never question a parent's decision to keep their child out of whatever conditions they deem questionable, be it cold or heat. And please always make sure your child brings PLENTY of WATER to practices and games. A large jug with 32 ounces or more is best. Coaches are also receiving this information and should give plenty of breaks during practices. 2 minutes every 12-15 minutes should suffice in normal warm conditions. More often for hotter temps.

For reference, according to our Perry Weather Stations at the parks today, the WBGT is 93.8. You'll see that 92.0+ is the cancellation level.

4:08

5G+ 

perry  weather

Andrew Brown Park

Clear



109°  
107°/82°

  
93.8  
WBGT

  
111°  
FEELS

  
0"  
PRECIP

  
4MPH  
WIND

LIGHTNING STATUS

**CLEAR!**

0-10mi



**CANCELLATION OF TRAINING**

Depending on your region category, recommend cancellation of training or delay until cooler when WBGT for

Cat 1 >86.2°F    Cat 2 >89.9°F    Cat 3 >92.0°F

**MATCH PLAY HYDRATION BREAKS: WBGT OF 89.6°F**

Provide hydration breaks of 4 minutes for each 30 minutes of continuous play (i.e., minute 30 and 75 of 90 minute match)

**STEP 3 FIND YOUR ALERT LEVEL AND WORK TO REST RECOMMENDATIONS**

Based on your WBGT and Regional Category determine your Alert Level and Work to Rest Recommendations using the table below.

ALERT LEVEL	WBGT BY REGION (°F)			EVENT CONDITIONS	RECOMMENDED WORK TO REST RATIOS (ACTIONS & BREAKS)
	CAT 1	CAT 2	CAT 3		
<b>BLACK</b>	>86.2°	>89.8°	>92.0°	Extreme Conditions	No outdoor training, delay training until cooler, or cancel training.
<b>RED</b>	84.2-86.1°	87.8-89.7°	90.1-91.9°	High Risk for Heat Related Illness	Maximum of 1 hour of training with four separate 4-minute breaks within the hour. No additional conditioning allowed.
<b>ORANGE</b>	81.1-84.1°	84.7-87.7°	87.1-90.0°	Moderate Risk for Heat Related Illness	Maximum of 2 hours of training with four separate 4-minute breaks each hour, OR a 10-minute break every 30 minutes of training.
<b>YELLOW</b>	76.3-81.0°	79.9-84.6°	82.2-87.0°	Less than Ideal Conditions	Three separate 4-minute breaks each hour, OR a 12-minute break every 40 minutes of training.
<b>GREEN</b>	<76.1°	<79.8°	<82.1°	Good Conditions	Normal activities. Three separate 3-minute breaks each hour of training, OR a 10-minute break every 40 minutes.

Please find attached the US Soccer guidelines that will further explain this policy.

Also, so you are aware, CYSA mandates that referees start giving 1 water break per half during GAMES when the weather is 90 degrees or hotter. Coaches can always request water breaks in other conditions as well, and/or if their team has no subs.

We know this was a lot to read, but this is a first and we wanted to be thorough. This info will be on our website soon, as well.

Thank you,  
Coppell Youth Soccer

Recognize to Recover US Soccer Heat Guidelines

<https://static1.squarespace.com/static/57125d942eeb814000fb1ca5/t/5a1c4fdc8165f542d6d78d16/1511804893401/1609024+Heat+Guidelines.pdf>