



GHSC Families and Coaches,

The health and safety of our players and coaches is paramount. GHSC practices and games may be cancelled due to extreme heat or unhealthy air quality. We always want to err on the side of caution when health and safety are involved. Please know that parents or guardians are the decision makers as to what is best for their player. In addition, coaches have the discretion to cancel practice even if the club does not. Again; parents/guardians may hold their kids out of practices or games even if the club/team does not cancel.

**With regard to extreme heat,** GHSC follows a general rule that if the forecast is for 103 degrees at 5:00pm, practice is cancelled. However, if temperatures are forecast to be lower at 7:00pm we may offer teams an opportunity to practice if they begin at that later time. This will apply largely to older age teams.

We also pay heed to [the US Soccer's Recognize to Recover Heat Guidelines](#) , paying particular attention to the Wet Bulb Globe Temperature (WBGT), which takes into account five weather related factors to provide an accurate measurement of the environmental heat stress risk. For our area, a WBGT value above 92 (see the chart in the aforementioned US Soccer document) will result in GHSC cancelling practices or games.

We will do our best to have a decision made between 3:00pm-4:00pm during the week. However, conditions may dictate a more last minute decision. We will notify you via Byga, as well as notify coaches to contact their teams. For Saturday games, we will do our best to notify you the night before or no later than 7:30am Saturday morning.

When the temperature is between 95-102 degrees, coaches are required to limit physical exertion and allow frequent water breaks. Again, if a coach believes that it is too hot for their team to practice, they have the discretion to cancel. We encourage coaches for our younger teams (U6 and U8) to be especially cautious in determining if their team should practice.

For games played in hot weather, GHSC and our playing partners cancel at 103 degrees. For games played in 95-102 degree heat, the referees/game monitors will allow for extra water breaks. The number and duration of the breaks is at the referee/game monitor's discretion. Referees (in U9-U19 games) also have the discretion and authority to cancel games if they believe it is too hot to safely play.

**With regard to air quality,** GHSC will use an average of 2 or 3 AQI sources in conjunction with other data points (forecast, map appearance and wind direction/forecast) to determine our recommendation/decision.

GHSC uses the Environmental Protection Agency's (EPA) Air Quality Index values, which can be found on [Airnow.gov](#).

For a comprehensive description of AQI measurements and values, please see the EPA's [Guide to Air Quality and Your Health](#). When we have an AQI between 101-130, we may cancel, or we may strongly encourage our teams (especially the younger ones – U6 and U8) to

cancel, or we may allow practices to continue under strict guidelines. Remember; if you can smell smoke, you are breathing in particulate matter. If GHSC allows practices to proceed; for those teams that wish to have practice, we require them to severely curtail physical activity and have a chalk talk or **very** low intensity drills. Coaches are encouraged to contact Director of Coaching Jason Drury for ideas regarding the chalk talk and/or low intensity drills.

When we have an AQI between 130-149, we will likely cancel but will keep an eye on prevailing winds and potentially changing conditions. If GHSC allows practices to proceed; for those teams that wish to have practice, we require them to severely curtail physical activity and have a chalk talk or **very** low intensity drills. Coaches are encouraged to contact Director of Coaching Jason Drury for ideas regarding the chalk talk and/or low intensity drills.

When we have an AQI above 150, GHSC cancels all practices and games.

During the week, we will do our best to have a decision made between 3:00pm-4:00pm. However, conditions may dictate a more last minute decision. We will notify you via Byga, as well as notify coaches to contact their teams. As far as game days, we will do our best to have a decision made by our playing league the night before or no later than 7:30am Saturday morning.

If air quality becomes problematic once a practice begins, e.g. the smell of smoke is apparent and lingering for more than 10 minutes, then coaches are to cancel the practice.

**Please note that if we cancel, the decision is final. Even if the AQI improves by practice time, the cancellation holds.**

Thank you,  
The GHSC Board of Directors