



PHOENIX

La Ligue 7 - Safety Guidelines

HEAT SAFETY GUIDELINES:

- **Hydration:** All players, coaches, and officials are encouraged to drink water before, during, and after games. Please bring your own water bottles filled with water to ensure proper hydration throughout the game.
- **Sunscreen:** Apply a water-resistant sunscreen with an SPF of 30 or higher to protect against sunburn. Reapply every two hours, or more frequently if sweating heavily.
- **Scheduled Breaks:** Games can include scheduled water and cooling breaks with rolling timers. The implementation of these breaks will be as recommended by the heat index per US Soccer.
- **Heat Illness Awareness:** Familiarize yourself with the signs of heat-related illnesses, such as heat exhaustion and heat stroke. Symptoms include dizziness, headache, sweaty skin, weakness, cramps, nausea, and high body temperature.
- **Modified Game Times:** Game schedules may be adjusted to cooler parts of the day to avoid peak heat times. Please check your email and team communications for updates.

Please note during times we may have to cancel games that are out of our control and that is to prioritize the safety of all. We will do our best to reschedule but at times that may not be possible due to weather.

MONSOON SAFETY GUIDELINES

- **Weather Monitoring:** We will closely monitor weather forecasts and alert players, coaches, and families of any changes due to inclement weather via email and social media.
- **Lightning Safety:** If lightning is seen or thunder is heard, games and practices will be suspended immediately. All participants must seek shelter in a car or building. Activities will only resume 30 minutes after the last sighting of lightning within 10 miles.
- **Field Conditions:** Field playability will be assessed before each game. Slick or flooded fields may lead to postponement or cancellation of games to prevent injuries.
- **Emergency Communication Plan:** Ensure your contact information is updated in our system. We will communicate any urgent updates through our designated emergency channels.

For more information on heat index click on the link below to learn more

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