



# Mother Lode Rugby: Hot Weather and Air Quality Policy

This policy outlines procedures for ensuring player safety during practices and games in conditions of excessive heat or poor air quality.

## 1. Excessive Heat

### A. Guidelines

- **Hydration:** All players should arrive at practice well-hydrated, regardless of temperature.
- **Fluid Breaks:** Scheduled water breaks are mandatory for all practices. Frequency increases with rising temperatures.
- **Age Considerations:** Younger players (U8-U10) require more frequent breaks and supervision with hydration. Parents, please bring extra water for your children!
- **Participation Requirements:** Players without adequate hydration cannot participate, even in low-exertion drills.
- **Activity Monitoring:** Coaches will monitor player activity and adjust drills to prevent heat exhaustion.
- **Temperature Measurement:** Practice day temperatures will be obtained from <https://weather.com/>

### B. Policy

1. **Temperatures Above 95°F:**
  - Parents should ensure players bring extra water.
  - Coaches will schedule additional water breaks for rehydration.
  - Practices may be shortened or cancelled at coach's discretion, focusing on brief drills with frequent water breaks.
2. **Temperatures Above 100°F:**
  - U8/U10 practices may be cancelled.
  - U12 practices may be shortened or limited to low-intensity drills with frequent water breaks. Parents should provide extra water.
  - Practices for MS and above may be shortened and will prioritize hydration breaks, and limiting strenuous activity.
3. **Temperatures Above 105°F:** All practices will be cancelled.

## 2. Spare the Air Advisories

### A. Guidelines

- Air pollution can impact everyone in the Sacramento region.
- Coaches will not penalize families who choose to miss practice or games due to air quality concerns.



- Parents of children with health conditions sensitive to air pollution should determine their child's participation based on medical advice.

**We prioritize the health and safety of all players. Communication is key. If you have any questions or concerns, please contact your child's coach or a Mother Lode Rugby board member.**

## **B. Policy**

	125 or Below	126 to 150	151 and Above
Games	Play	Increase breaks & substitutions	Cancel
Practices	Play	Increase breaks Decrease intensity of training Cancel at coach discretion	Cancel

Mother Lode Rugby will use AirNow.gov (<https://www.airnow.gov/>) as the source for measurements of air quality, The Air Quality Index (AQI) will be observed by entering the zip code of the respective practice location. We encourage all Coaches and Parents to monitor air quality conditions by this website.