

## **Practice Cancellation Policy Due to Heat or Unhealthy Air**

It is the policy of the Lincoln Youth Soccer Club that physical activity outdoors for children during extreme heat or unhealthy air is not in the best interests of the child. Therefore, the following practice cancellation policies apply to all LYSC recreational and select teams:

### Temperature:

- If the temperature in Lincoln, California is greater than 100 degrees (F) at the time of practice, as measured on [www.weather.com](http://www.weather.com) (typing in Lincoln, CA as location), coaches are strongly encouraged to cancel practice, and/or conduct a limited exertion or "walk through" practice. Coaches are admonished to keep a close eye on players showing signs of suffering from heat-related maladies, and any child without water or adequate hydration at practice shall not participate in even limited-exertion practice.
- If the temperature in Lincoln, California is greater than 105 degrees (F) at the time of practice, as measured on [www.weather.com](http://www.weather.com) (typing in Lincoln, CA as location), all practices for all LYSC teams MUST be cancelled.

### Air Quality:

- If the Air Quality in Lincoln, California is greater than 127 Air Quality Index (AQI), as measured at [www.sparetheair.com](http://www.sparetheair.com) (and clicking on "current conditions at a location closest to the practice site, such as the Roseville, CA link), coaches are strongly encouraged to cancel practice, and/or conduct a limited exertion or "walk through" practice.
- If the Air Quality in Lincoln, California is greater than 150 Air Quality Index (AQI), as measured at [www.sparetheair.com](http://www.sparetheair.com) (and clicking on "current conditions at a location closest to the practice site, such as the Roseville, CA link), all practices for all LYSC teams MUST be cancelled.