



A BETTER WORLD THROUGH RUGBY

Play Rugby USA Inclement Weather Policy

The safety of our athletes, parents, coaches, and volunteers is paramount in any weather situation. Play Rugby USA recognizes that severe weather experienced while training (including, but not limited to, lightning, extreme heat, and extreme cold) can affect safety, and the organization is committed to implementing safe practices to minimize such risk.

In some instances, surfaces may be deemed unplayable (this can occur due to excessive rain fall, extreme wind, ice or snow). In those instances, Play Rugby staff will cancel outdoor training. Play Rugby staff will also abide by the minimum policies set forth by NYC Parks or any other permitting organization from which we secure field space.

Extreme Cold

Play Rugby USA has developed a severe cold weather policy using both the wind chill factor and air temperature. Wind speed interacts with ambient temperature to significantly increase body cooling. All outdoor activities will be held as scheduled, unless:

- The temperature, including the wind chill, is lower than 25 degrees Fahrenheit
- There are icy conditions on the playing surface
- There is current or predicted heavy snow/ice in the area that may prohibit participants, coaches and parents from getting to or from practice

We strongly encourage all participants to dress accordingly for practicing in winter conditions. Players should dress in layers that can be removed as the body perspires and then put back on as needed. Begin with a thin “base layer” of synthetic material, which draws sweat away from the body. Avoid cotton, which stays wet next to the skin. Next, add a layer of fleece or wool for insulation. Top with additional layers and then with a waterproof, breathable outer layer that should ideally have vents to allow any sweat to evaporate away.

The head, neck and hands should be covered at the start of activity. Gloves, hats and scarves can be removed as body temperature increases. They should be replaced during periods of inactivity and when participants are on the sideline.

Play Rugby USA

252 W 37th St Suite 400, New York, NY 10018 | 212.757.3421
Info.NYC@playrugbyusa.com | playrugbyusa.com

Revised: January 6, 2020



A BETTER WORLD THROUGH RUGBY

Extreme Heat

Activities will be modified or eliminated based on the measured Heat Index and mandatory water breaks will be implemented. All outdoor activities will be held as scheduled, unless the Heat Index reaches or exceeds 100 degrees Fahrenheit.

Participants are encouraged to bring extra water in conditions of extreme heat and wear hats or other protective clothing to decrease direct skin exposure to the sun.

Thunder and Lightning

If lightning is within five miles, with or without hearing thunder, practice should be suspended and shelter sought. If unsure of distance, a rough guideline is to measure the time between the lightning flash and hearing the corresponding thunder. If it is 30 seconds or less, seek shelter. It may not be possible to determine which lightning strike generated which roll of thunder. A simple rule: If you can see it or hear it, clear it! Do not stay in open, unprotected areas.

Communication

Play Rugby staff will make best efforts to communicate modifications and cancellations ninety (90) minutes in advance of a scheduled activity, in accordance with the above policies; however, staff may cancel activities, should fields be closed or weather conditions change and present safety risks to participants prior to or during scheduled activities.

Play Rugby staff will make best efforts to post information about activity cancellations on SportsYou and send broadcast messages to affected parents and participants.

Play Rugby USA

252 W 37th St Suite 400, New York, NY 10018 | 212.757.3421
Info.NYC@playrugbyusa.com | playrugbyusa.com

Revised: January 6, 2020