

IT'S HOT OUTSIDE. ARE WE PLAYING?

- The Folsom Softball Club considers Sacramento Region's Spare The Air website at <http://www.sparetheair.com/> as the source for ozone and particulate matter measurements.
- The app – Air Visual (a part of IQAir) utilizes information from Spare the Air and other sources to provide regional AQIs.
- The board of directors encourages all coaches to monitor air quality conditions by the website and mobile applications.
- The air quality index for ozone and/or particulate matter measurements and weather conditions will potentially affect Folsom Softball Club practice and game schedules.
- The board of directors expects all clubs and teams to adhere to Folsom Softball Club air quality and weather policy to ensure youth player's safety at all times.
- Each coach/team has the ability to adopt a stricter air quality and weather policy, if desired.

The League recognizes the parent is the final decision maker for their youth player's safety. There is to be no retaliation by the League, Club, or coach towards the player based on the parent's decision to play at practices or games based on air quality and weather conditions.

If fields have been closed by your local parks and recreation district, all outdoor games on natural grass are canceled.

GAMES

Air quality index for games

- At 150 or greater AQI Ozone or PMI levels, all outdoor games should be canceled.
- At 101-149 AQI Ozone or PMI levels, all outdoor games should add rest breaks and increase substitutions to lower breathing rates.
- The HOME league and/or club is responsible for canceling games within 90 minutes of game start time.

Weather conditions for games

- At 108 degrees or higher, all outdoor games should be canceled.
- At 100-107 degrees or higher, all outdoor games should add rest breaks and increase substitutions to lower exertion rates.
- If lightning is in visual range, all outdoor games are suspended until game officials have instructed play to continue.
- If fields have been closed by the City, all outdoor games on natural grass are canceled.
- The HOME league and/or club is responsible for canceling games within 90 minutes of game start time.

PRACTICES

Air quality index for practices

- At 150 or greater AQI Ozone or PMI levels, all outdoor practices should be canceled.
- At 101-149 AQI Ozone or PMI levels, any outdoor practice should decrease intensity and duration. Add rest breaks or substitutions to lower breathing rates.
- The HOME league, club, or head coach is responsible for canceling practices within 30 minutes of start time.

Weather conditions for practices

- At 105 degrees or higher, all outdoor practices should be canceled.
- At 100-104 degrees, any outdoor U9-U19 practice should decrease intensity and duration. Add rest breaks or substitutions to lower exertion rates.
- At 102 degrees or greater, any outdoor U5-U8 practice should be canceled.
- At 95-101 degrees, any outdoor U5-U8 practice should decrease intensity and duration. Add rest breaks or substitutions to lower exertion rates.
- If lightning is in visual range, all outdoor practices are suspended until the head coach has given instruction play can continue.
- The HOME league, club, or head coach is responsible for canceling practices within 30 minutes of start time.