



## CALGARY WEST LITTLE LEAGUE WEATHER POLICIES

### Weather

Inclement weather can present hazards to participants in a variety of scenarios. Given our location in North America, typical concerns faced by participants include lightning, excessive rain, low temperatures, snow, and in recent years, air quality. It is important for participants to recognize that weather conditions can vary in what appear to be small distances between fields.

CWLL will support the decision of Coaches and Managers to cancel games under appropriate circumstances. However, the decision to cancel a game prior to its start due to weather conditions must be made by the Coaches in the game based on the actual conditions at the field where they're going to play.

Once a game has started, the decision to proceed, delay or call a game due to unsafe weather conditions rests with the designated umpire for the game. At the U5 (Blastball), U7 (T-Ball) and U9 (Rookieball) levels, parent volunteers are typically selected as umpires. Accordingly, the initiative to ask whether a game should continue will be the responsibility of the respective team's Head Coach or their appointed designate. All coaches should refer to weather information including Internet web sites specifically providing weather warnings, lightning reports for the Calgary area.

[http://weatheroffice.ec.gc.ca/warnings/report\\_e.html#ab12](http://weatheroffice.ec.gc.ca/warnings/report_e.html#ab12)

### Lightning

Thunderstorms and lightning are always a possibility while participating in CWLL activities. Every thunderstorm produces lightning, and in turn, produces the risk of a lightning strike to your home and yourself.

Depending on the time of year and atmospheric conditions, thunderstorms can happen with little to no warning. As a result, we recommend all participants be educated and proactive in identifying ways to prepare and mitigate the risk and protect themselves against the dangerous and deadly effects of lightning.

Prior to participating in any CWLL event, CWLL recommends the following:

- Check the weather using the Government of Canada weather tracker below. Be vigilant if the forecast calls for thunderstorms
- Move inside to shelter or your vehicle if you hear thunder. All baseball activities should be immediately suspended

- If you see lightning, start counting to 30. If you hear thunder before you reach 30, move indoors. All baseball activities should be immediately suspended
- If choosing to wait out a storm, wait at least 30 minutes after the last clap of thunder is heard
- If seeking shelter at the baseball diamond, do not remain in dugouts. This is because lightning can travel along metal wires or rebar in these structures.
- Avoid contact with water during a thunderstorm.

[http://weatheroffice.ec.gc.ca/lightning/index\\_e.html](http://weatheroffice.ec.gc.ca/lightning/index_e.html)

### **Heavy Rain / Snow**

Heavy rain and snow have an impact to field conditions and can put participants at risk as well as damage certain equipment. Coaches should be mindful of flooding in the field, including puddles and snow covering that could obscure tripping hazards underneath.

Typically snow and heavy rain are accompanied by colder temperatures. Where heavy rain or snow may compromise the safety of participants, Coaches are encouraged to reschedule their practice or game.

### **Air Quality**

CWLL recognizes the importance of air quality on participants. CWLL also recognizes that the age of players and individual differences are all factors when considering the effects of air quality.

CWLL has the following procedures for the Safety Officer in place for Air Quality Monitoring:

1. Review the Alberta Environment website for current Air Quality Health Index (“AQHI”) information
2. Select the monitoring stations that directly review the AQHI for CWLL diamonds
3. Note the station, time, date, and Index calculations
  - a. Updates typically occur at the top of every hour
  - b. The index calculation that is within one-hour of scheduled game or practice play should be used
  - c. If the AQHI is “4” or higher, proceed to step 4 or 5 as appropriate
4. Games
  - a. If the game has not been cancelled in advance, the teams and umpires should arrive at the field ready to play
  - b. If the AQHI is 4-6, game play will proceed. Coaches should monitor their players’ health, especially if they are aware of players with breathing related conditions such as asthma, or if they are coaching at younger age groups.
  - c. If the AQHI is still above “7” at the next calculation, the CWLL Safety Officer will advise coaches. In accordance with Little League Alberta’s 2024 Air Quality Directive, if either team does not want to play with a reading of 7, the game shall

- be cancelled one hour after game time if the level has not dropped to 6 or below. If the index reaches 8, the game should be suspended until conditions improve. If they do not improve, the game will be cancelled.
- d. If the air quality changes significantly during the game (i.e. due to change in wind direction) the umpire and Coaches are advised to use their discretion and follow the above directive.
  - e. If the AQHI is above 10, the CWLL Safety Officer will advise coaches to reschedule the game until conditions improve.
5. Practices - CWLL asks that Coaches and Managers consider the following in relation to the safety of participants and the local air quality:
- a. For AQHI at at "4 – 6" then be prepared to adjust practice by:
    - a. Reducing the intensity
    - b. Reducing the duration of practice
    - c. Providing additional rest periods
  2. For AQHI at "7" or above, reschedule

<http://environment.alberta.ca/apps/aqhi/aqhi.aspx>

## Temperature - Cold

Given that low evening temperatures can also be a factor particularly in early-season games, coaches will also be made aware of the impact of the wind-chill factor in children's safety and enjoyment of the game.

It is important for Coaches to know and understand how the wind can affect the conditions and how wind chill can negatively impact the playing experience of participants.

[http://www.msc-smc.ec.gc.ca/education/windchill/windchill\\_chart\\_e.cfm](http://www.msc-smc.ec.gc.ca/education/windchill/windchill_chart_e.cfm)

Preventative measures to help ensure a positive experience in colder weather include:

1. Multiple layers of clothing, acclimatizing participants to playing conditions
2. Establishing a good warm-up
3. Provide warm sweet drinks and soups (increases caloric intake and prevents dehydration which may increase risk of cold injury)
4. Reschedule playing times if temperatures are too low to safely participate

### Temperature - Heat

As the season progresses, particularly through the summer All-Star season, heat can become a concern for participants. Playing in extreme heat puts stress on a participant's internal cooling system. When heat is combined with other stresses such as hard physical exercise, loss of fluids, fatigue or some medical conditions, it may lead to heat-related illness, disability and even death.

Anybody participating in baseball during extreme heat may face these risks. In Western Canada, heat stress is usually a concern during the summer. This is especially true early in the season, when people are not used to the heat.

It is important to understand the symptoms and take preventative measures against heat related stresses in order to function effectively in such conditions. The following preventative measures should be undertaken during periods of extreme heat:

1. include increased frequency of breaks
2. reduced pace and workload
3. avoid direct sunlight where possible (having a covering / tent for the players area)
4. Rescheduling practice times for cooler part of day
5. Encouraging hat and sunscreen use
6. Having ample water supply plan and encouraging frequent hydration (recommending at least 1 cup every 20 min.)