

Hot Weather Policy

The risk of heat related illness from vigorous sports activity increases with the temperature. The body generates heat which cannot be dissipated readily when the ambient temperature exceeds 85 degrees F, depending upon the humidity. Hot weather is considered at any point where the Heat Index reaches or exceeds 90. Coaches should follow the following procedures based on conditions:

- Heat Index up to 89°: Normal Play. Regular hydration patterns
- Heat index of 90°- 95°: Mandatory water breaks every 15 minutes.
- Heat index of 96°-100°: Mandatory water breaks every 15 minutes and practices limited to one hour.
- Heat index over 100° (at start of training): All outside activity cancelled.

Severe Weather Policy

Upon the first sound of thunder or sighting of lightning all in attendance at the outdoor activity should immediately go to their cars or enter a building. No one will be allowed to resume play until 30 minutes after the last sound of thunder or the last sighting of lightning. Recreation staff has complete authority to enforce this policy at a Baltimore County facility. In the absence of recreation staff, volunteer coaches and officials must follow this policy.

Winter Weather Policy

Players are more susceptible to injuries during cold weather, particularly from pulled or torn muscles. Players should be encouraged to wear appropriate clothing to aid body heat retention yet afford adequate movement without creating a safety hazard. Generally, training programs will be cancelled if the projected temperature (including wind chill) at the start of training is projected to be below 25 degrees Fahrenheit.

No Pet Policy

For the safety of LTSC players and families, dogs are not permitted on the premises of any LTSC practice, game or event, even if dogs are permitted at that facility, park or field.