



Heat Guideline

Heat index 80-90	Play
90-104	Play with Mandatory Water Breaks
105-and above	No Play

Please hydrate properly BEFORE coming out to practices/games.

Continue to hydrate throughout practices/games.

Bring a small cooler filled with ice water and towels to drape around your head and neck during breaks in activity.

Stay in shaded area as often as possible.

Report dizziness or nausea to an adult - immediately!

Thunder/Lightning

In case of thunder and lightning, all practices/games will be cancelled or suspended. If you see lightning or hear thunder, stop what you are doing and seek immediate shelter. Play can resume after waiting 30 minutes after the last occurrence.

WINTER COLD

If the Metro East St. Louis School Districts cancel please check the website for any cancellation or changes to practice, games, or winter programs.

If the windchill is 24 degrees or below, practices will be cancelled.

The **Belle Clair Soccer League** wants your Player to have the best soccer experience with the club. We will work together to make the best decision for your soccer player safety in ALL temperatures. Please keep up to date with any cancellations or changes on our website, Facebook and Twitter. All Cancellation will be made no later than 3:30pm.