



North Lake Little League is happy to provide additional information on weather related guidelines. Pacific Northwest weather can take drastic swings during the spring season. Coaches and Umpires should feel empowered to end practices and games if player safety or development is in question.

Clothing:

We all know layering is key in the PNW, but what does that look like when your NLLL players are heading out to practice or taking the field at a game:

- **Layering:** More than adding bulk and making it hard to play, adding the *right* layers can make all the difference for players in colder conditions. Think about covering exposed skin from the cold, wearing something like first-layers from your snow/ski bag provide an excellent, light layer of warmth. Hot Hands in pockets can also give some much needed heat to fingers in between drills or at-bats.
- **Staying Dry:** If you are practicing in the rain, make sure your player has a waterproof layer on top of everything else that will keep them dry. An extra pair of socks, sweatshirt or pants - something that could be swapped out for a wet article of clothing is also good to pack in bags early in the season.
- **Identify warming/cooling locations:** For practices and games, identify a location players could go to get inside/undercover if a player is suffering from the elements.
- **Stay hydrated:** When it is cold, it might take us longer to realize we are thirsty. Make sure your players are drinking fluids at regular intervals (warm water in an insulated water bottle can be helpful during early spring practices and games).

Temperature:

Hot: Temperatures can vary widely in the Pacific Northwest Region as the spring turns to summer. If a field is particularly lacking in shade or a cross-breeze, it will be at the discretion of the coaches, umpire or tournament directors if games can proceed. For practices, anything above 90 degrees should be evaluated for shade and access to water and can be held as an **optional** practice where families who wish to participate may still utilize the reserved field-time and location for team activities.



Cold: For all events 40 degrees and under, parents/guardians are required to stay on premises or arrange for a different on-premise adult to take their player home in the event of a shortened practice or game. If temps are at 35 degrees or below (factoring wind-chill), events are canceled. In the case of practices, it is up to coaches discretion to hold an **optional** practice, where families who wish to participate may still utilize the reserved field-time and location for team activities.

Air Quality Index (Smoke):

Based on rankings at AirNow.gov, any activities scheduled when an AQI is over 150 are immediately canceled. If the AQI is over 100, it will be at the discretion of the coaches, umpire or tournament directors if games can proceed. For practices, AQI between 100-150 can be held as an **optional** practice where families who wish to participate may still utilize the reserved field-time and location for team activities.

Lightning & Thunder:

If you can see it or hear it, game play is suspended for 30min. Move to shelter - a grounded, enclosed building with electricity or plumbing. If that is not available, an enclosed vehicle with a metal roof and windows rolled up is a safe option. Reevaluate every 30min as needed. Game play/practice can resume 30min after the last lightning strike or thunder clap.

Rainout Lines:

Please refer to the North Lake Little website for the most up to date information:
<https://www.northlakell.org/Default.aspx?tabid=1922002>