



## Medical and Inclement Weather Plan

### **Nearest Hospital**

**Name:** University of Colorado Hospital

**Address:** 12505 E 16<sup>th</sup> Avenue, Aurora, 80045

**Phone Number:** 720-848-0000

### **Medical Services provided at tournament**

We will have a medical staff at the fields will provide taping, diagnostics, emergency and first aid services.

### **Where will the medical staff be at the event**

The medical staff will be located just north of field 9 and between fields 25 & 27.

### **How can teams contact the medical staff** (phone, radio)

Scorekeepers at each field will have radios on a channel that the medical staff are able to access.

### **How will event staff communicate weather, emergency & schedule changes to teams**

Staff will communicate over radios and use the Pocket Team App. The PA system at field 9 will also be used when possible.

### **Any other relevant information specific to your tournament, if applicable** (Facility specific weather policies)

In the event of lightning, players should seek shelter in their vehicles.



# USA Ultimate Weather Policy

## For Lightning:

If you hear thunder OR your computer or app shows that lightning has struck within ten miles, suspend activity. If you do not have access to a computer or app that shows the proximity of lightning strikes, suspend play if lightning is seen even if you cannot hear thunder.

## For Extreme Heat:

### 1 - Heat Monitoring Standards and Potential Competition Adjustments

USA Ultimate Wet Bulb Globe Temperature (WBGT) Guidelines (2023 Masters Championships)		
WBGT - F	Heat Precaution Level	Activity and Rest-Break Guidelines
<82.0	Level 0	Normal activity
82.0-86.9	Level 1	1. One official hydration break per half. a) First-half break occurs when first team reaches 4. b) Second-half break occurs when first team reaches 12 or when soft cap is applied, whichever comes first. c) Break extends the time between points by 3 minutes before the next pull (i.e. total of 4 minutes 30 seconds).
87.0-89.9	Level 2	1. One official hydration break per half. a) First-half break occurs when first team reaches 4. b) Second-half break occurs when first team reaches 12 or when soft cap is applied, whichever comes first. c) Break extends the time between points by 4 minutes before the next pull (i.e. total of 5 minutes 30 seconds). 2. Time between each point is extended by 1 minute (i.e. adds 60 seconds to existing 90 second period). 3. Maximum game length is 90 minutes. Rounds scheduled for longer will be shortened to 90 minute hard cap. Soft cap will be adjusted to 20 minutes before hard cap. 4. Minimum time between rounds is 30 minutes. Schedules with less time will be adjusted and communicated.
>=90.0	Level 3	Play cancelled. Games rescheduled for cooler conditions (i.e. <90.0 WBGT).

We understand that there may be some competition impacts of making in-game or game by game adjustments, and will manage those as fairly as possible, as we do with other weather impacts. However, our top priority will remain the safety of athletes and other participants.



## **2 - Event Services**

In addition to the monitoring described above and our usual health and safety plans, we are providing the following services at the Masters Championships to prepare for hot conditions and continue to prioritize player safety. Below is a list of services being provided:

- Shade tents - We are providing shade tents for teams at each field in addition to providing shaded areas throughout the facility.
- Ice tubs for use by medical staff to treat heat illness.

## **3 - Player and Team Safety Recommendations**

As mentioned above, the medical staff will be monitoring conditions (heat, humidity, cloud cover and playing surfaces) on a regular basis. But, there are things you and your team can do to prepare for and compete in hot conditions.

- Hydration starts before competition including during flights!
- Hydrate the evening before/after competition each day.
  - Drink about 10oz ("20 gulps") of water every 15-20 minutes of activity
  - Even non-players should hydrate
- Try to drink enough fluids to keep your urine a light yellow color.
- Consider adding sports drinks (ie Gatorade, Powerade, etc) to the hydration plan.
- Be cautious of artificial sweeteners as they can cause upset stomachs if you are not used to them.
- Eat real food to help replace the salts you sweat out AND the calories you are burning.
- BE VERY CAUTIOUS IF USING PRE-WORKOUT SUPPLEMENTS
  - The caffeine found in pre-workout supplements can cause dehydration in hot/humid weather
  - \*\*\*\*\*If you have never used it previously, this is not the time to start as the effects can be additive to those of the heat/humidity.\*\*\*\*\*
- If you had a heat related problem/illness in the past, you need to make sure your coaches/captains/teammates are aware. They can help prompt you to drink/use cooling towel, etc and to know if you need medical attention.

### **Please see on site athletic trainers and medical staff for any of the following:**

- Thirst not resolved after what seems like adequate hydration
- Cramping (legs or otherwise)
- Lack of sweat during exertion
- Dizziness
- Headache
- Skin extra red OR extra pale
- Headache
- Lack of sweating
- Inability to urinate
- "Not acting right"
- IF you are concerned about yourself, a teammate or other player- the scorekeepers will have radios and can contact the medical team.

For additional health and safety tips, including information on concussions and other types of injuries and illness, please refer to our [Athlete Health and Safety Packet](#).