



Medical and Inclement Weather Plan

Nearest Hospital

Name: North Memorial Health Urgency Center

Address: 11855 Ulysses St NE #120, Blaine, MN 55434

Phone Number: 763-785-8500

Map Link: [Directions from National Sports Center to North Memorial Health Urgency Center](#)

Medical Services provided at tournament

We will have a large medical staff of trainers overseen by physicians. Staff will provide with preventative care like taping and also will be able to assess and evaluate injuries.

Where will the medical staff be at the event

Medical headquarters will be in a tent located on the north end of field 21 near tournament headquarters.

How can teams contact the medical staff

Volunteers and staff will have radios that can reach medical staff. Tournament volunteers will be stationed in the pavilions near the fields.

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

Communication will be by radio to on-field volunteers. PA System will be used when available. In addition, we will utilize Pocket Team and the website.

Any other relevant information specific to your tournament, if applicable

In the event of a lightning delay, indicated by a sustained horn blast from the NSC's ThorGuard weather detection system, seek shelter immediately. Tents and field pavilions are not adequate shelter. Seek shelter inside the vehicle you arrived in. Please plan accordingly to be sure that the vehicle you arrived in will be accessible. Due to COVID-19 precautions, indoor building spaces will not be available.

[Event COVID Guidelines](#)



1 - Updated Heat Monitoring Standards and Potential Competition Adjustments

In 2019, USA Ultimate has invested in a [Wet Bulb Globe Temperature](#) (WBGT) monitoring device used for monitoring heat by many athletic departments, the NCAA, and at professional sporting events. This technology includes measurements of temperature, humidity, wind, cloud cover, and other environmental factors that impact heat stress. It will be used at USOCC in lieu of the heat index scale.¹ The USA Ultimate Medical Advisory Working Group and event medical directors have worked with event staff to develop ultimate-specific WBGT guidelines, based on their knowledge of ultimate events and researching similarities to other sports.

Event and medical staff will be monitoring the WBGT and making competition and scheduling decisions based on the safety chart below. Conditions will be monitored before each round with the goal of determining any competition adjustments prior to the round. Monitoring will continue during rounds, especially near Heat Precaution thresholds, and some adjustments may be implemented during the round if necessary. Heat Precaution Levels may also be accelerated if medical staff observe a trend of heat-related illness that calls for earlier adjustments.

USA Ultimate Wet Bulb Globe Temperature (WBGT) Guidelines		
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 suspended. Games rescheduled for cooler conditions (i.e. <90.0 WBGT).

¹ USA Ultimate policy typically requires play to be stopped if the heat index reaches 100 degree fahrenheit. The new WBGT standards will only be applicable where the WBGT technology is available, including the 2019 college championship events. We are not replacing the heat index standards at other USA Ultimate events where WBGT technology is unavailable. These standards may be adapted for future events.



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 U.S. Open Club 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.
- Medical Director and physicians in addition to traditional event trainers and staff on site.

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](#).