



Outdoor Inclement Weather Training Policy

Policy Type:	Training
Policy Reference:	4.1
Effective Date:	2023-2024 Season
Approved:	January 17, 2024

ESSA does not offer refunds for training sessions canceled or suspended due to inclement weather. Reasons that ESSA may cancel or suspend training include:

1. Cold Weather

- ESSA **will cancel** outdoor training for cold weather whenever the base temperature (exclusive of wind chill) is at or below -25 degrees Celsius.
- ESSA **may cancel** training whenever the base temperature is above -25 degrees if other factors such as wind chill are deemed to create an unsafe training environment.
- ESSA may, at their discretion, schedule alternative indoor training if outdoor training is canceled.
- During any outdoor training session, athletes are free to go indoors to warm up at any time given that they inform their coach. No coach should prevent a cold athlete from leaving the ice surface to warm up.
- Athletes and their families are responsible for wearing applicable clothing for the conditions.

2. Lightning

- ESSA will suspend or cancel any outdoor training session when lightning is visible in the area. If possible, training will be moved indoors. Resumption of outdoor training may take place once lightning is no longer being observed.

3. Air Quality

- ESSA will suspend or cancel any outdoor training session when the Air Quality Health Index (AQHI) reaches a minimum value of 7. If possible, training will be moved indoors. Resumption of outdoor training may take place once the AQHI falls below 7.

4. Heat & Humidity

ESSA may cancel outdoor training due to excessive heat and humidity if it is deemed unsafe for participants. This will be evaluated on a case-by-case basis.