# SOSA District Heat & Humidex and Air Quality Guidelines

| PLAY ON | USE CAUTION | SUSPEND PLAY |
|---|---|---|
| Environment Canada data<br>Less than 32°C<br>including humidex | Environment Canada data<br>Above 32°C but less than 40°C<br>including humidex | Environment Canada data<br>40°C and above<br>including humidex |
| Environment Canada scale<br>Air Quality Index<br>**Low Risk 1-3** | Environment Canada scale<br>Air Quality Index<br>**Moderate Risk 4-6** | Environment Canada scale<br>Air Quality Index<br>**High Risk 7-10**<br>**Very High Risk Above 10** |
| Air Quality Index - IQAir Scale<br>**0-50, "Good"**<br><br>Air quality is satisfactory and poses little or no health risk. Enjoy your usual outdoor activities. | Air Quality Index - IQAir Scale<br>**51-100, "Moderate"**<br><br>Air quality is acceptable and poses little health risk. Sensitive individuals should avoid outdoor activity as they may experience respiratory symptoms.<br><br>**101-150,**<br>**"Unhealthy for Sensitive Groups"**<br>The general public should greatly reduce outdoor exertion. Sensitive groups should avoid all outdoor activity. | Air Quality Index - IQAir Scale<br>**151-200, "Unhealthy"**<br><br>Everyone should avoid outdoor exercise and take care to wear a pollution mask outdoors.<br><br>**201-300, "Very Unhealthy"**<br>Everyone should avoid outdoor exercise and take care to wear a pollution mask outdoors.<br><br>**301-500+, "Hazardous"**<br>Everyone should avoid exercise and remain indoors. |
| **Training and Games proceed as normal.** | **Training and Games are to proceed with adjustments.**<br>- Physical exertion and intensity is to be reduced for training.<br>- Matches must have at least one 60-second water break in each half. It is up to the discretion of the Referee and/or coaches to provide additional water breaks in each half. The game clock is to be stopped during water breaks.<br>- Unlimited substitutions are to be allowed. The match official and coaches from both teams should discuss and agree on allowing piggyback substitutions on throw-ins. | **Games will be cancelled.**<br><br>**Training is not recommended, but may continue at the club's discretion with modifications.** |

At all times, Team Officials must be aware of individual player health conditions and concerns and make appropriate adjustments for the player's wellbeing. Know who uses an inhaler and where it is kept during training and games.

- The reference tool for Temperature and Humidex is Environment Canada. https://weather.gc.ca
- Use the hourly forecast for the city or closest reported location to where the match is being played.
- **For games starting on a half-hour, use the on-hour predicted temperatures before kickoff.**

For weekday games, the District will review local forecasted conditions for the kickoff times by **2:00 pm** on game day and notify teams and Clubs by **3:00 pm** if there is a cancellation.
For weekend games, the District will review forecasted conditions and provide notice a minimum of 4 hours ahead of the scheduled kickoff time.

Environment Canada Air Quality stations are located only in Belleville and Kingston, so data from IQAir will also be used to make decisions for each community. For consistency, Heat and Humidex data from EC only will be used.