

Summer Heat and Air Quality Guidelines for SOSA District

PLAY ON	USE CAUTION	SUSPEND PLAY
Less than 32°C including humidex	Above 32°C but less than 40°C including humidex	40°C and above including humidex
Air Quality Index Low Risk 1-3	Air Quality Index Moderate Risk 4-6	Air Quality Index High Risk 7-10 Very High Risk Above 10
Training and Games proceed as normal.	Training and Games are to proceed with adjustments. - Physical exertion and intensity is to be reduced for training. - 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. - Unlimited substitutions are to be allowed. The match official and coaches from both teams should discuss and agree on allowing piggy back substitutions on throw-ins.	Training and Games should be cancelled

At all times 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, Humidex and Air Quality shall be 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, average the two on-hour predicted temperatures before and after kickoff.

Each Club is to review local forecasted conditions for the scheduled kickoff times by 1:00 pm on game day for weekday games and shall notify the opposing team and the League Manager by 2:00 pm.

For weekend games that have been moved or scheduled due to travel distances, the home team shall review forecasted conditions and provide notice to the opponent and the League Manager 24 hours ahead of the scheduled kickoff time.

Heat Exhaustion

- High body temperature
- Confusion and lack of coordination
- Skin rash
- Muscle cramps
- Dizziness or fainting
- Nausea or vomiting
- Heavy sweating
- Headache
- Rapid breathing and heartbeat
- Extreme thirst
- Dark urine and decreased urination

If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink water.

Heat Stroke

- High body temperature
- Confusion and lack of coordination
- Dizziness/Fainting
- No sweating, but very hot, red skin

Heat stroke is a medical emergency! Call 911 or your local emergency number immediately. While waiting for help, cool the person right away by:

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin; and
- fanning the person as much as possible.

<https://www.canada.ca/en/health-canada/services/publications/healthy-living/fact-sheet-staying-healthy-heat.html>