	TITLE	**EXTREME WEATHER & HEAT POLICY**		
	DESCRIPTION	Severe weather and lightning safety with respect to players, coaches, management and spectators at BYSC events		
	DATE ISSUED		**POLICY NUMBER**	BYSC-P003
	DATE EFFECTIVE		**VERSION NUMBER**	2.0

SECTION 1 - POLICY	
PURPOSE	The safety of players, coaches, management and spectators is the primary concern of the BYSC. This policy provides the direction to govern when match competitions and training sessions will proceed or not under specific weather conditions. By understanding and following the information below, the safety of everyone shall be greatly increased.
BACKGROUND	This policy has been developed in consultation with Environment Canada's definition and recommendations for Extreme Heat and Extreme Cold.
LIGHTNING AND WEATHER	**For Competitions in which a Referee is assigned** Ultimately, the referee has the final say over starting, delaying or restarting a match due to weather and/or current field conditions. Such unsafe conditions may include, but not limited to, high winds greater than 60 km/hr, heavy rain, sight of lightning, significant water on the field and extreme cold/heat. It is up to the discretion of the Referee to determine if conditions are safe to play. Waiting to stop play or not waiting to start play may result in a serious injury or loss of life. Referees are expected to act responsibly when dealing with such events during matches they are controlling. **For Competitions in which a Referee is not assigned** For the Club programs in which a referee is typically not assigned to a match, the Game Leader for each team will collectively have the final say over starting, delaying or restarting a match due to weather and/or current field conditions. Such unsafe conditions may include, but not limited to, high winds greater than 60 km/hr, heavy rain, sight of lightning, significant water on the field and extreme cold/heat. It is up to the discretion of each Coach (or designate) to determine if conditions are safe to play. Waiting to stop play or not waiting to start play may result in a serious injury or loss of life. Coaches and Team Officials are expected to act responsibly when dealing with such events during matches they are involved with. Coaches are encouraged to document and capture unsafe field conditions and/or weather events at the field during the match, and provide to the Club. **Training Sessions** Coaches and Team Officials are expected to act responsibly to ensure conditions are safe for training. Coaches are encouraged to cancel trainings when conditions are not safe, and are encouraged to document and capture unsafe field conditions and/or weather events at the field during the match.

EXTREME HEAT

With the changing climate conditions, the Burlington area has seen an increase in the number of high heat days during the outdoor playing season. To ensure a safe and enjoyable playing experience, the Club shall govern competitions and trainings in the following matter with respect to high and/or extreme heat.

Where the air temperatures (including the Humidex) reach the following thresholds one (1) hour prior to a match or training, the Club shall take the following actions:

Temperature	Match	Training
32C or under	Proceed as normal	Proceed as normal
32C and 38C	Match to proceed. The Match must have at least one, 2 minute 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. For those situations where teams can not field a minimum of 11 players, it is recommended that both coaches and referee(s) agree to shorten the game by at least 10%	Additional breaks should be incorporated into the training session
Above 38C	Match is cancelled	Training sessions are to be cancelled

In addition to the air temperature, the Club shall cancel matches and/or trainings one (1) hour in advance should the Air Quality Index be Poor in the Burlington area (as determined by Environment Canada).

COLD CONDITIONS

<u>Outdoor Matches and Trainings</u>

Where the air temperatures (including the wind chill) reach the following thresholds one (1) hour prior to a match or training, the Club shall take the following actions:

Temperature	Match	Training
2C or above	Proceed as normal	Proceed as normal
Under 2C	Match is cancelled	Coaches shall cancel the training session

<u>Indoor Matches and Trainings</u>

The Club, upon its discretion as being unsafe, cancel BYSC program scheduled within its facilities due to current weather conditions

SECTION 2 – PROCEDURES

LIGHTNING AND WEATHER	At any time upon confirmation of lightning, the Referee or Game Leader may suspend or cancel the match. The Referee or Game Leader is not required first suspend the match prior to making the decision to cancel. Seek shelter when the time difference between the sight of lightning and the sound of thunder is thirty (30) seconds or less. It is recommended that you wait thirty (30) minutes or more after hearing the last thunder before leaving the shelter. If you cannot see the lightning, just hearing the thunder is a good back up rule. <u>Guidance</u> When lightning is detected, you can determine the distance of lightning in your area by counting the number of seconds between the flash and the first sound of the thunder and dividing by five (5). This will give you the distance in miles from your location. Remember, if you are in a higher elevation, the lightning can come upon you much quicker and your reaction time is greatly hindered.
EXTREME HEAT	When high or extreme heat is present one (1) hour prior to the start of a match or training, the Club shall send an email communication to all relevant participants, coaches and referees outlining the status of the Match. In addition, the Club will post such information on its social channels, Facebook and Twitter, and its website. It is the responsibility of each participant to ensure the correct email address is on file with the Club (using the Club's methods) and it is recommended that each participant, coach and referee consult with or follow the Club's social channels and website.
EXTREME COLD	When cold conditions trigger the Cold Weather component of this policy one (1) hours prior to the Match or training, the Club shall send an email communication to all relevant participants, coaches and referees outlining the status of the Match. In addition, the Club will post such information on its social channels, Facebook and Twitter, and its website. It is the responsibility of each participant to ensure the correct email address is on file with the Club (using the Club's methods) and it is recommended that each participant, coach and referee consult with or follow the Club's social channels and website.
ADDITIONAL INFORMATION	**LIGHTNING** Please note the following recommendations from Environment Canada: 1. The existence of blue sky and absence of rain are not protection from lightning. Lightning can and does strike as far as ten (10) miles away from the rain shaft. It does not have to be raining for lightning to strike. Many lightning casualties occur in the beginning, as the storm approaches, because many people ignore initial precursors of high winds, some rainfall and cloud cover. Generally, the lightning threat diminishes with time after the last sound of thunder, but may persist for more than thirty (30) minutes. 2. Lightning can strike ahead of the parent cloud – take action even if the thunderstorm is not overhead. Be aware of how close lightning is occurring. The flash-to-bang method is the easiest and most convenient way to estimate how far away lightning is occurring. Thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment and its distance from the observer. 3. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. This activity must be treated as a wake-up

call to all.

4. The most important aspect to monitor is how far away the lightning is occurring, and how fast the storm is approaching, relative to the distance of a safe shelter.
5. Recognize that personal observation of lightning may not be sufficient. Additional weather information may be required to ensure consistency, accuracy and adequate advance warning.
6. When larger groups are involved, the time needed to properly evacuate an area increases. As time requirements change, the distance at which lightning is noted and considered a threat to move into the area must be increased. Extending the range used to determine threat potential also increases the chance that a localized cell or thunderstorm may not reach the area giving the impression of a "false alarm".
7. Know where the closest "safe structure or location" is to the field or playing area and know how long it takes to get to that safe structure or location.

Safe structure or location is defined as:

- Any building normally occupied or frequently used by people, i.e., a building with plumbing and / or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and do not use the showers or plumbing facilities during a thunderstorm.
- In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof which dissipates the lightning strike around the vehicle. Do not touch the sides of any vehicle!
- If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground because lightning current often enters a victim through the ground rather than by a direct overhead strike.
- Minimize your body's surface area and the ground! Do not lie flat! If unable to reach safe shelter, stay away from the tallest trees or objects such as light poles or flag poles), metal objects (such as fences or bleachers), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.
- Avoid using the telephone, except in emergency situations. People have been struck by lightning while using a land-line telephone. A cellular phone or a portable remote phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure or location, and if all other precautions are followed.

EXTREME HEAT

Proper Hydration

There are some simple guidelines which have been prepared by the **American College of Sports Medicine (ACSM**) when it comes to running activities in a hot and/or humid environment. The goal in participating in hot weather is to avoid fluid loss from the body or dehydration. Water not only accounts for some 98% of our body composition, but functions to help deliver oxygen to working muscles, and keeps the body from overheating during strenuous activity. Hard working muscles generate heat which is dissipated through the act of sweating. Evaporation of sweat on the skin allows the body to get rid of this heat and cool it off.

Avoid dehydration and make sure you pre-hydrate: Don't wait till you feel thirsty because the body will not be able to tell you in time that you are dehydrated, here are some

	practical recommendations: • 2 hours before exercise, drink at least 16 oz or 500 ml (an average bottle of water) • 1 hour before exercise, drink at least 08 oz or 250 ml (half an average bottle of water • During the exercise, drink at least 4 to 8 oz every 15-20 minutes • Immediately after the exercise, drink at least 16 oz or 500 ml of water or an electrolyte replacing drink • 1 hour after a training session or game consider drinking 16 oz or 500 ml of skim milk or chocolate milk for protein and muscle repair • As a rule of thumb you should drink at least 500 ml for every 20 lbs of body weight, therefore, someone weighing 140 lbs needs to drink at least 3500 ml of fluid per day if training or playing that day. Drinking carbohydrate and electrolyte fluids may be beneficial in avoiding heat trauma. Wearing light breathable clothing is advised. Below is a list of some of the early warning signs to look for: 1. Flushed face 2. Hyperventilation or shortness of breath 3. Headache 4. Dizziness 5. Tingling arms 6. Goose bumps (hair on arms standing on end) 7. Chilliness 8. Poor coordination 9. Confusion, agitation, uncooperativeness **Heat Stroke** – is a medical emergency due to a failure of the heat – controlling mechanism. It may occur merely as a result of exposure to heat. Signs & Symptoms include – mental confusion, headache, poor coordination, delirium, convulsions and death. The body temperature may be 106 F or 40.5 C or higher, the skin is usually hot and dry as the sweating mechanism has failed. Call 911 and transport to a local Hospital. Rapid cooling is the goal using wet towels, spray mist, sponge baths and removal from the heat. This condition could cause the athlete to go into shock and coma may follow so immediate medical attention is required.
SUMMARY/ NOTES	When considering resumption of any athletics activity, it is recommended that everyone should ideally wait at least thirty (30) minutes after the last flash of lightning or sound of thunder before returning to the field. People who have been struck by lightning do not carry an electrical charge. Therefore,

	cardiopulmonary resuscitation (CPR) is safe for the responder. If possible, an injured person should be moved to a safer location before starting CPR. Lightning-strike victims who show signs of cardiac or respiratory arrest need emergency help quickly. Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes

SECTION 3 - APPROVALS					
VERSION NUMBER	EXECUTIVE DIRECTOR APPROVAL Initial	Date	BOARD APPROVAL Initial	Date	PUBLISH DATE