

## Extreme Heat

Updated January 2024

Participant health and safety is a high priority for Boundary Youth Soccer Association; thus, it is recommended to err on the side of caution if ever in doubt in any situation regarding the health and safety of participants.

### These guidelines:

1. Serve as a guidance for members, team officials, players, and match officials (registered referees and/or registered coaches) of BYSA.
2. Suggests what members, team officials, players, and match officials (registered referees and/or registered coaches) should consider in assessing Extreme Heat Events (EHE) at local fields and awareness of potential health impacts, and
3. Provide additional information about the Extreme Heat, Preventative Measures & Potential Risk.

### Guidelines

1. Step 1 – Determine Location. Go to <https://www.theweathernetwork.com/ca> and find your specific location.
2. Step 2 – Determine Temperature. Check the current temperature with specific focus on the “feels like” temperature.
3. Step 3 – Review the EHE Activity Chart (below) for appropriate Activity Modifications.

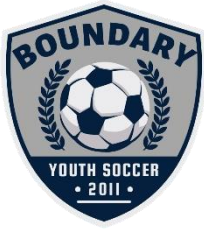
### Extreme Heat Events (EHE) Activity Chart

Temperature	Discomfort at Rest	Risk of Overheating During Exercise	Activity Modification
Below 24 C	None	Low	N/A
25 to 29 C	Some	Moderate – Athletes should be monitored	Games – Drink breaks every 10 minutes, cooling breaks every 15 minutes, reduced shift length.
30 to 34 C	High	High – Athletes should be monitored closely	Games – 25 to 29 C modifications plus+ consider reduced game length, re-schedule kick-off or cancellation
35+ C	EXTREME	EXTREME	ALL ACTIVITY CANCELLED

4. Step 4 – Games, Tournament Play, Training and Practices

Where possible, matches should be scheduled for cooler times of the day.

- Playing in hot conditions both increases the risk of heat illness and impairs performance. Event organizers should attempt to organize matches at a time where less heat stress and exposure is expected. They should reschedule matches where the heat stress is extreme.



### **Important Notes Related To Game Play**

- The match official (registered referee and/or registered coach) reserves the final right to cancel the game if the conditions are considered dangerous, in their opinion.
- If temperature increases dramatically during a game referees and team officials are advised to use their discretion.

### **Important Notes Related To Training And Practices**

- Team officials should consider if the conditions are considered dangerous and if so, reschedule practice or postponing practice until a later time.
- If temperature increases dramatically during training or a practice, team officials are advised to use their discretion and be responsible.

### **Laws Of The Game Allowance**

Law 7 within the Laws of the Game allowance for medical stoppages permitted by competition rules, e.g., 'drink' breaks and 'cooling' breaks.

#### **Definitions in Law:**

- 'Drink' break – Competition rules may allow 'drink' breaks (of no more than one minute) for players to rehydrate; these are different from 'cooling' breaks.
- 'Cooling' break – In the interests of player welfare and safety, competition rules may allow, in certain weather conditions (high humidity and temperatures), 'cooling' breaks (usually ninety seconds to three minutes) to allow the body's temperature to fall; these are different from 'drink' breaks.

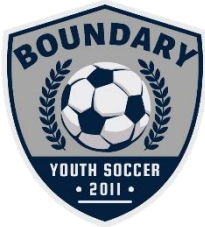
### **Preventive Measures**

Lightweight, breathable clothing is needed when training and playing in hot conditions.

- This type of clothing allows evaporative cooling to occur (evaporation of sweat). Heavier items of clothing can limit heat loss through this source.

Ensuring players are hydrated.

- Importantly, even well-hydrated players can be affected by heat illness.
- Rule of thumb: when playing or training, drinking at least 500 ml for every 20 lbs of body weight is recommended. Thus, someone weighing 140 lbs should drink at least 3500 ml (3.5L) of fluid per day.



### **Other Factors To Consider In Determining Risk Include (But Are Not Limited To)**

Not being acclimatized	Fitness Level (Unfit)
Hypo hydration	Hyper hydration
Use of a variety of medications or supplements	Persons with persistent, disabling mental illness
Certain medical conditions (cardiac, lung)	

### **Early Warning Signs To Consider Include (But Are Not Limited To)**

Flushed face	Hyperventilation or shortness of breath
Headache	Dizziness
Tingling arms	Goose bumps (hair on arms standing on end)
Chilliness	Poor coordination
Confusion, agitation, uncooperativeness	

### **Potential Risks Of Extreme Heat Events (Heat Exposure)**

**Heat Cramps** - These are the mildest form of heat trauma, commonly related to low body sodium and chloride levels.

- Signs & Symptoms Include: weakness, muscle cramps, collapse with low blood pressure.
- Treatment is aimed at replacing the salt loss and can be oral or by intravenous if vomiting is a problem. Having athletes put a little extra salt on their food the day before and day of game can be a helpful way to avoid this condition.

**Heat Exhaustion** - This is a more severe medical event as follows.

- Signs & Symptoms Include: weakness, irritability, collapse, unable to sweat adequately to promote body cooling, may proceed the more ominous heat stroke and a fine rash is often present.
- Treatment is to remove athlete to a cooler environment, use ice baths, fans.

**Heat Stroke** - **THIS IS A MEDICAL EMERGENCY** - It is due to a failure of the heat-controlling mechanism. It may occur merely because 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.
- Treatment: 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.

### **Safe Sport Statement**

Boundary Youth Soccer Association believes that everyone involved in soccer has the right to participate in safe and inclusive environments free of abuse, harassment, discrimination, and to enjoy the sport at whatever level or capacity they participate in. The welfare of everyone involved in soccer is the foremost consideration and in particular, the protection of children in the sport is the responsibility of everyone involved.