



BYSA Policy: Extreme Heat

Updated January 2026

Policy Statement

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:

- Serve as a guidance for members, team officials, players, and match officials (registered referees and/or registered coaches) of BYSA.
- 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
- Provide additional information about Extreme Heat, Preventative Measures & Potential Risk.

Activity Protocols & Modifications

- Determine Location and Temperature. Go to <https://www.theweathernetwork.com/ca> and find your specific location.
- 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



Games, Tournament Play, Training and Practices

- Where possible, activities 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 and coaches should attempt to organize games/practices at a time where less heat stress and exposure is expected.
- If the temperature increases dramatically during a game/practice, the coach/referee is advised to use their discretion and be responsible.
- The coach/referee should determine if the conditions are considered dangerous and if so, reschedule or postpone the activity.
- The coach/referee reserves the final right to cancel the game/practice if the conditions are considered dangerous, in their opinion.

Laws Of The Game Allowance

Law 7 within the Laws of the Game:

Allowance for medical stoppages permitted by competition rules.

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 illnesses.
 - 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

- 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

- 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: 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: Weakness, irritability, collapse, unable to sweat adequately to promote body cooling, a fine rash is often present.
 - Treatment: Move the 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: 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. Use 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.