

# ALL4ONE

WE ARE UNITED

## United DFC Policies and Procedures Extreme Weather Policy

### 1.0 Purpose

United DFC is committed to the health and safety of our members. As a community soccer organization in Canada, extreme weather (i.e. cold, heat, lightning, and severe storms) can impact the safety of our members. We have adopted Canada Soccer's Lighting/Severe Weather policy, as well as identified weather related events unique to our region to ensure United DFC members know how to effectively identify and respond to extreme weather scenarios.

### 2.0 Definitions

**Athlete:** Is defined as all persons who are members of or play on a soccer team or participate in soccer programs with United DFC.

**Persons in Authority:** Is defined as those persons in positions of authority, such as roles as coach, assistant coach, team manager, executive member, administrator, referee, or any Persons of Authority who works with, for, or around **athletes**.

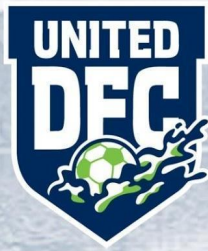
**Vulnerable Participant:** Includes Minors and vulnerable adults (people who, because of age, disability or other circumstance, are in a position of dependence on others or are otherwise at a greater risk than the general population of being harmed by people in positions of trust or authority).

### 3.0 Scope

The scope of this policy applies to all United DFC members involved in the game (including Persons of Authority, Athletes, and parents and guardians of vulnerable participants or those under the age of majority) who should be able to effectively identify and respond to extreme weather scenarios.

### 4.0 Policy Statement

In accordance with Canada Soccer's Lightning/Severe Weather Policy, United DFC is committed to the safety of its players, coaches, management and spectators in any weather event that occurs during all United DFC activities, training, programs, and matches sanctioned by Soccer Nova Scotia and Canada Soccer. By understanding and following the below information, the safety of everyone shall be greatly increased.



# ALL4ONE

## WE ARE UNITED

### 4.1 Extreme Weather Oversight and Management

#### United DFC Activities, Training and Programs

United DFC will make every attempt to announce decisions regarding severe weather at a minimum of one (1) hour prior to the start of scheduled activities, training, and programs. In the event that weather circumstances change (i.e. suddenly or unexpectedly), Persons of Authority overseeing activities, training, and programs will be responsible for determining whether to delay or cancel. Persons of Authority are expected to monitor Environment Canada prior to scheduled activities to plan for safe activities. Waiting to stop play or not waiting to start play may result in a serious injury or loss of life. Persons of Authority are expected to act responsibly when dealing with such events.

#### Games

The leagues will monitor weather conditions and announce game cancellations. In the event the league(s) do not issue weather related cancellations prior to kickoff, or weather conditions change, the referee has the final say over delaying or restarting a match due to weather. 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.

### 4.2 Extreme Weather Guidance

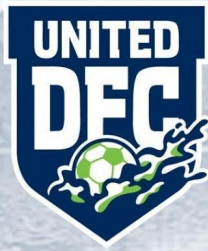
#### LIGHTNING

When thunder roars, go indoors!

If you can hear thunder, you can get hit by lightning. As soon as you hear thunder, quickly get to a safe location. More people are struck before and after a thunderstorm than during one. Stay inside for 30 minutes after the last rumble of thunder.

#### HEAT

HUMIDEX VALUE	DISCOMFORT AT REST	RISK OF OVERHEATING DURING EXERCISE	ACTIVITY MODIFICATIONS
BELOW 24 C	NONE	Low	N/A
25 C TO 29 C	NONE	Low to Moderate	Drink breaks should be considered
30 C TO 34 C	SOME	Moderate - Athletes should be monitored	Drink breaks or cooling breaks midway



# ALL4ONE

## WE ARE UNITED

			through each half or training
35 C TO 39 C	HIGH	High - Athletes should be monitored closely	Cooling breaks midway through each half or training AND consider reduced game or training length or cancellation
40 C +	EXTREME	EXTREME	ALL ACTIVITY CANCELLED

### COLD

It is recommended that activities, programs, and training be cancelled when the air temp is less than 5 degrees and when the wind chill is less than -16 degrees.

Athletes are encouraged to wear appropriate clothing to help ensure they stay warm, but all apparel must ensure Athletes do not create a safety hazard for themselves or others, as well as allow for appropriate movement. Dressing appropriately for weather can help reduce injuries and Persons of Authority with United DFC may dismiss athletes from training if they are not dressed appropriately for the weather.

### AIR QUALITY

If the AQHI is "3" or below, continue training as normal

If the AQHI is "4-6", adjust practice by doing the following:

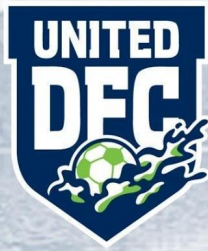
- Reducing intensity
- Reducing the duration
- Provide resting periods

If the AQHI is "7" or above, practices should be rescheduled

Notes: To check the AQHI in your area visit search online for: "Government of Nova Scotia Air Quality Health Index"

### SEVERE WEATHER (EX. WINTER STORM, HURRICANE, ICE, ETC.)

In addition to lightning and thunder, severe storms can produce very high winds, heavy rain, hail and snow. If a severe storm approaches the playing area, Persons of Authority are expected to make a decision regarding delays or cancellations. Waiting to stop play or not waiting to start play



# ALL4ONE

## WE ARE UNITED

may result in a serious injury or loss of life. Persons of Authority are expected to act responsibly when dealing with such events.

Examples of severe weather include:

- Blizzards/snow (ex. where facilities are closed and/or roads and highways are deemed dangerous, driving advisories issued)
- Hurricanes or Tropical storms
- Ice/Hail
- Wind (i.e. winds exceeding 60 km/hr)
- Heavy rain (ex. Where rain impedes visibility and safety, flooding risks)

## 5.0 Procedures

### 5.1 LIGHTNING PROCEDURES

Please note the following recommendations from Environment Canada:

- To plan for a safe day, check the weather forecast first. If thunderstorms are forecast, avoid being outdoors at that time or make an alternate plan. Identify safe places and determine how long it will take you to reach them.
- Watch the skies for developing thunderstorms and listen for thunder. As soon as you hear thunder, quickly get to a safe location. If you can hear thunder, you are in danger of being hit by lightning. More people are struck before and after a thunderstorm than during one.
- Get to a safe place. A safe location is a fully enclosed building with wiring and plumbing. Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning. If no sturdy building is close by, get into a metal-roofed vehicle and close all the windows.
- Do not handle electrical equipment, telephones or plumbing. These are all electrical conductors. Using a computer or wired video game system, taking a bath or touching a metal window frame all put you at risk of being struck by lightning. Use battery-operated appliances only.
- If caught outdoors far from shelter, stay away from tall objects. This includes trees, poles, wires and fences. Take shelter in a low-lying area but be on the alert for possible flooding.

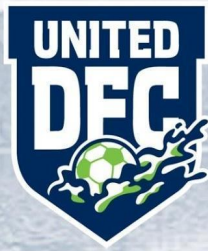
Be aware of how close lightning is occurring. Thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment and its distance from the observer.

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.

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





# ALL4ONE

## WE ARE UNITED

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. Minimise contact with the ground because lightning current often enters a victim through the ground rather than by a direct overhead strike. Minimise 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.

When considering resumption of any athletics activity, wait at least thirty (30) minutes after the last flash of lightning or sound of thunder before returning to the field.

### First aid for lightning victims

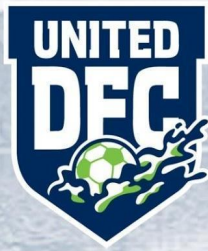
Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes.

- Lightning victims do not carry an electrical charge and can be safely handled.
- Call for help. Victims may be suffering from burns or shock and should receive medical attention immediately. Call 9-1-1 or your local ambulance service.
- Give first aid. If breathing has stopped, administer cardio-pulmonary resuscitation (CPR). Use an automatic external defibrillator if one is available.

## 5.2 HEAT PROCEDURES

### 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.



# ALL4ONE

WE ARE UNITED

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

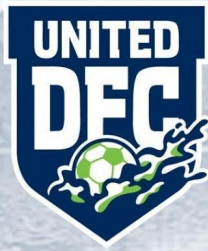
As a rule of thumb you should drink at least 500 ml for every 20 lbs of body weight, therefore, someone weighing 140 lbs needs to drink at least 3500 ml of fluid per day if training or playing that day. Drinking carbohydrate and electrolyte fluids may be beneficial in avoiding heat trauma. Wearing light 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.



# ALL4ONE

WE ARE UNITED

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

## 6.0 Related, Policies, Legislation and/or Documents

[Canada Soccer Lightning/Severe Weather Policy](#)

[Avoiding and Preventing Heat Related Injuries When Playing Soccer](#)

## 7.0 Approval and Review

Approval and Review	Details
Approval Authority	Board of Directors
Administrator	Executive Director and Director of Soccer
Next Review Date	05/06/2025
Approval and Amendment History	Details
Original Approval Authority and Date	25/04/2021
Amendment Authority and Date	05/06/2022
Notes	The original policy approved on April 25, 2021 was an adoption of Canada Soccer's Lightning / Extreme Weather Policy. Further amendments to include extreme weather beyond lightning were incorporated in 2022.