



June 2025

## PEI Soccer Extreme Heat Guidelines

**Participant safety is PEI Soccer's top priority. When in doubt, always choose caution.**

These guidelines:

1. Assist member organizations, affiliates, team officials, players, and referees.
2. Help assess Extreme Heat Events (EHE) and raise awareness of related health risks.
3. Offer information on heat hazards, prevention, and potential impacts.

### Guidelines

1. **Find Your Location** Visit The Weather Network to check your local area.
2. **Check the Temperature** Focus on the "feels like" temperature, which includes humidity.
3. **Consult the EHE Activity Chart** Use the chart below to adjust activity based on conditions.

<u>Humidex Value</u>	<u>Discomfort at Rest</u>	<u>Risk of Overheating</u>	<u>Activity Modification</u>
Below 24 C	None	Low	N/A
25 C to 29 C	None	Low to Moderate	N/A
30 C to 34 C	Some	Moderate - Athletes should be monitored	Games - Drink breaks every 30 minutes
35 C to 39 C	High	High - Athletes should be monitored closely	Games - Consider rescheduling games, reschedule kickoff or cancellation
40+ C	Extreme	Extreme	All Activity Cancelled

PEISA will make decisions on cancelling games by 3pm on the day of the game. Notifications will be emailed to teams, posted on the PEISA website and social media.