

Extreme Heat Event (EHE) Activity Guidelines

Purpose

This document is provided as a guideline to support decisions on whether a game should be modified, postponed or cancelled as result of heat concerns. It provides information that members are encouraged to consider in assessing Extreme Heat Events (EHE) at local fields and raises awareness of participant health and safety considerations.

Event Considerations

1. Member Organizations have the right to cancel all sanctioned soccer activity for their respective members based on their assessment of EHE's.
2. Once at a field, if no Member Organization contact is present, it is the responsibility of the respective coaches to monitor local temperatures and consult with the Match Official to determine the status of the game.
 - a. The Match Official reserves the right to cancel a match based on their assessment of the Extreme Heat Event Activity Guide.
3. Check information on local radio or TV or go to <https://www.theweathernetwork.com/ca> and find your specific location.
4. Check the current temperature with specific focus on the "feels like" temperature which accounts for the humidex.
5. Turf - While playing on turf, the temperature feels higher at ground level. Wind speed and cloud cover can also play a role. While there is no official source/research supporting the above information, keeping safety of participants as a main deciding factor, will support the decision of the Match Official or Organizer. The Match Official reserves the right to cancel a match based on their assessment of the Extreme Heat Event Activity Guide at a temperature even lower than the above table when games are played on turf or other surfaces that may absorb/release heat.
6. Review to the **Extreme Heat Events** (EHE) Activity Chart for appropriate Activity Modifications.

| Humidex Value | Discomfort at rest | Risk of overheating | Activity Modification |
|---------------|--------------------|---------------------------------------|---|
| Below 24 C | None | Low | N/A |
| 25 to 29 C | None | Low to Moderate | N/A |
| 30 to 34 C | Some | Medium – athletes should be monitored | Games – water breaks every 25 minutes Practices – at reduced length |
| 35 to 39 C | High | High – athletes should be monitored | Games – water breaks every 25 minutes Practices – at reduced intensity |
| 40+ C | Extreme | Extreme | Cancelation |

APPENDIX

PARTICIPANT CONSIDERATIONS

Other factors to consider in determining risk to participants include, but are not limited to:

- Not being acclimatized
- Age & 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)

1. Heat Cramps - these are the mildest form of heat trauma and are commonly related to low body sodium and chloride levels.
 - a. Signs & Symptoms include - weakness, muscle cramps, collapse with low blood pressure.
 - b. 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.
2. Heat Exhaustion - this is a more severe medical event as follows.
 - a. Signs & Symptoms include - weakness, irritability, collapse, unable to sweat adequately to promote body cooling, may proceed in the more ominous heat stroke and a fine rash is often present.
 - b. Treatment - remove athlete to a cooler environment, use ice baths, fans.

3. Heat Stroke - THIS IS A MEDICAL EMERGENCY - it is due to a failure of the heat-controlling mechanism. It may occur merely as a result of exposure to heat.
 - a. 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.
 - b. 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.