

# SASKATOON YOUTH SOCCER

(INCORPORATED)

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## RE: Extreme Heat Guidelines

Good afternoon Soccer families,

In observation of the extreme heat this week, SYSI urges parents and coaches to please take a moment to view important guidelines preventing heat related injuries.

### AVOIDING AND PREVENTING HEAT RELATED INJURIES WHILE PLAYING SOCCER



**GUIDELINES**

- 1** Avoid dehydration and make sure you pre-hydrate  
   
2 hrs before ----- → 500 ml of water  
1 hr before ----- → 250 ml of water  
During every 15 min — → 125 - 250 ml of water  
Immediately after — → 500 ml of water  
1 hr after ----- → 500 ml of chocolate milk
- 2** Drink at least 500 ml for every 20 lbs of body weight.
- 3** Drinking carbohydrate/electrolyte fluids may be beneficial in avoiding heat trauma.
- 4** Wearing light breathable clothing is advised.
- 5** Officials and coaches should be very cautious in authorizing games and practices in environments where temperature plus humidity combined are over 35 C and over. Unlimited substitution is recommended during games as is frequent fluid breaks.

**WARNING SIGNS**



Flashed Face    Hyperventilation    Headache    Poor Coordination

Sincerely,

Saskatoon Youth Soccer Inc. (SYSI)