



Saskatoon Youth Soccer Inc.
Extreme Heat Event (EHE) Activity Guide

This guide is meant to serve as a guideline for Affiliated Members (Zone and Community Associations), team officials, players, and match officials affiliated with Saskatoon Youth Soccer Inc. (SYSI). As a guideline, it suggests what Affiliated Members, match officials and team officials should consider in assessing Extreme Heat Events (EHE) at local fields and awareness of potential health impacts.

SYSI has the right to cancel all sanctioned soccer activity for their respective members and teams based on their assessment of Extreme Heat Events.

Decision Making Steps at Field

1. Step 1 – Go to <https://www.theweathernetwork.com/ca> and find your specific location.
2. Step 2 – Check the current temperature with specific focus on the “feels like” temperature which accounts for the humidity in measuring temperature.
3. Step 3 – It is the responsibility of the respective coaches to monitor local temperatures and consult with the Match Official (or themselves in the event of no referee) to determine the status of the game and activity modification **
**** The Match Official or Team Officials (in the event of no referee) reserves the right to cancel a match based on their assessment of the Extreme Heat Event Activity Guide ****
4. Step 4 – Review the EHE Activity Chart for appropriate Activity Modifications.

Extreme Heat Events (EHE) Activity Chart

Humidex value	Discomfort at rest	Risk of overheating during exercise	Activity modification
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 OR cooling breaks midway through each half
35 C to 39 C	High	High – athletes should be monitored	Cooling breaks midway through each half AND consider reduced game length or cancellation
40 C +	EXTREME	EXTREME	ALL ACTIVITY CANCELLED

See page 2 for guidelines on ***Avoiding and 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



Flushed Face



Hyperventilation



Headache



Poor Coordination