



Extreme Weather Guidelines

Soccer Cape Breton (SCB) will make every effort to announce decisions regarding severe weather cancellations by 12 noon on the day of scheduled games. Games cancelled due to extreme weather may be rescheduled, with U13 and older divisions given the highest priority for rescheduling.

If SCB does not announce cancellations by 12 noon, or if weather conditions change, the referee has the final authority to delay, suspend, or pause and restart a match. Referees are expected to act responsibly when managing weather events during matches.

Lightning

When thunder roars, go indoors! If you can hear thunder, you can be struck by lightning. As soon as thunder is heard, quickly move to a safe location. Most lightning injuries occur before and after storms, not during. Stay indoors for 30 minutes after the last rumble of thunder.

Severe Storms

In addition to lightning, severe storms may include very high winds, heavy rain, hail, or snow. If a severe storm approaches games/practices may be delayed or canceled. Examples of severe weather include:

- Blizzards/snow (e.g., when facilities are closed or roads/highways are dangerous; driving advisories issued)
- Hurricanes or tropical storms
- Ice or hail
- Winds exceeding 60 km/h
- Heavy rain (e.g., impeding visibility or creating flooding risks)

Air Quality

- AQHI \leq 3: Continue training as normal
- AQHI 4–6: Adjust by reducing intensity/duration and including rest periods
- AQHI \geq 7: Reschedule games/practices

Cold Weather

Activities, programs, and training should be cancelled when air temperature is below 5°C or wind chill is below -16°C. Athletes are encouraged to wear appropriate clothing that ensures safety and allows full movement. Players may be dismissed from training if they are not dressed appropriately for the weather.

Hydration & Heat Safety

Avoid dehydration by pre-hydrating before activity. Don't wait until you feel thirsty as your body may not signal dehydration in time. Practical recommendations:

- **2 hours before exercise:** Drink 500 ml (16 oz) of water
- **1 hour before exercise:** Drink 250 ml (8 oz) of water
- **During exercise:** Drink 100–250 ml (4–8 oz) every 15–20 minutes
- **Immediately after exercise:** Drink 500 ml (16 oz) of water or an electrolyte replacement drink
- **1 hour post-training/game:** Consider 500 ml (16 oz) of milk for protein and muscle repair

Rule of thumb is to drink at least 500 ml of fluid for every 20 lbs of body weight. For example, someone weighing 140 lbs should consume at least 3500 ml per day if training or playing. Carbohydrate and electrolyte drinks may help prevent heat trauma as well as wearing light, breathable clothing.

All activities where the temperature is $\geq 40^{\circ}\text{C}$ will be cancelled. Hydration breaks may be implemented between 25-39°C temperatures. The match referee reserves the right to implement hydration breaks during matches.

