



INCLEMENT WEATHER POLICY

THUNDER AND LIGHTNING

1. Responsibilities
 - a. The Softball NB Representative or designate, along with the umpire supervisors and crew, hold the responsibility of stopping a game in the event of severe weather.
2. Thunder Roars = STOP
 - a. When thunder is heard, the game will be stopped. Players, coaches, umpires and spectators should promptly find suitable shelter.
3. Find Adequate Shelter
 - a. The dugout does not suffice as proper shelter. Any frequently utilized structure is deemed safe. A vehicle with a hard metal roof and windows rolled up can offer a degree of safety.
4. Resuming the Action
 - a. During Softball NB events, the Softball NB representative and umpires will wait a minimum of thirty (30) minutes after the final sound of thunder before returning to the field and continuing the game.
5. Get Educated
 - a. [The Canadian Lightning Danger Map](#), designed by Environment Canada is available for review prior or during any event.

PLAYING IN THE HEAT

Softball is a summer sport and it is therefore inevitable some games will be scheduled for during extreme heat conditions. High intensity exercise in a hot environment, with associated fluid loss and elevated body temperature, can lead to dehydration, heat exhaustion and heat stroke.

Each association/league is permitted to implement an extreme weather policy or work on a case by case basis. The following is a series of recommendations and guidelines for teams to take when playing/practicing in extreme heat conditions.

- Wear sun protection
 - Sunscreen
 - Hats/visors
 - Sunglasses
- Avoid scheduling activities between 11:00-3:00pm when the sun is the hottest
- Give athletes lots of breaks and areas to cool down and rehydrate
- Encourage athletes to wear cool clothing and shorts when possible
- Educate yourself on the signs of [heat exhaustion and heat stroke](#)

Additional Resources

- [WorkSafe NB](#)
- [Canadian Sport Information Resource Centre](#)
- [Softball Australia](#)

REVIEWED: February 1, 2025