



RAIDERS ENVIRONMENTAL PRACTICE POLICY

STORMS:

During a rain storm, practice will continue unless, or until, the playing surface becomes dangerous to player safety. Coaches will call practice when/if this occurs.

If a thunderstorm/lighting occurs during a practice, coaches will call practice and remove players from the field.

If a thunderstorm/lightning is present prior to practice, the Club will determine whether or not to practice. This determination will be communicated no later than one hour prior to scheduled start time. Please note that players may be requested to attend, and practice may still be canceled. The accepted thunderstorm policy is practice/play can continue 30 minutes after the last thunder clap.

Practice will be canceled, or called early, if tornados are present in the vicinity.

AIR QUALITY:

Health Risk	Air Quality Health Index	Health Messages	
		At Risk Population*	General Population
Low Risk	1-3	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.
Moderate Risk	4-6	Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.	No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High Risk	7-10	Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High Risk	Above 10	Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

Source: Environment Canada https://weather.gc.ca/airquality/healthmessage_e.html

The West Edmonton Raiders will use AQHI calculations in the following manner:

1. Access the latest AQHI calculations using the Alberta Environment website as the calculations on this site are updated hourly compared to Environment Canada's site that only updates every three hours and uses a less comprehensive pollutant algorithm.
<http://airquality.alberta.ca/map/> An app for smartphones is available.
 - a. Be sure to locate Edmonton area on the map as other areas such as Strathcona county and St. Albert have their own stations.
2. Click on the AQHI station name
 - a. This will bring up a pop-up box with the current AQHI value for that station.

3. Note the station, time and Index calculation in the pop up box
 - a. Updates are occur hourly (usually at the top of the hour)
4. If the air quality is “3” or below, practices will continue as normal.
5. If the air quality is an index of “4-6” practices can be adjusted by:
 - a. Reducing the intensity
 - b. Reducing the duration of practice
 - c. Providing longer rest periods
6. If the air quality is “7” or above, outdoor practices will be **cancelled**. If alternate indoor gym facilities can be located, practice will move indoors. If classroom space can be located, film or playbook review will be utilized. Outdoor practice time will be rescheduled if possible.

Adapted from: Air Aware – Air Quality Monitoring Guidelines, Alberta Soccer Association. Accessed website: August 25, 2018. Check for updates annually.

WINTER WEATHER:

Practice will continue in winter weather unless the temperature is less than -23 degrees Celsius. Please note that games will often proceed in this weather. Practice will not be cancelled due to snow or wind chills that are not in excess of -23 degrees Celsius.

If practice is cancelled due to Winter Weather, Coaches may elect to host film review, classroom work or indoor practice based on availability. In this case, Teams will communicate the change.

EXTREME HEAT AND HUMIDITY:

Humidex table

Reference Legend

Humidex and Degree of Comfort - Legend	
Humidex	Degree of Comfort
20 - 29	Little discomfort
30 - 39	Some discomfort
40 - 45	Great discomfort; avoid exertion
46 and over	Dangerous; possible heat stroke

Source: Environment Canada https://www.canada.ca/en/environment-climate-change/services/seasonal-weather-hazards/spring-summer.html#heat_and_humidity

Practice during hot summer days will be monitored using the Humidex scale. When temperatures are above +25 degrees Celsius, coaches will add more hydration breaks and players will be monitored for any symptoms of heat exhaustion. Parents and players should be vigilant that players are hydrating 2-4 hours prior to practice and that enough water is available to players during practice time.

When Humidex values are above +30 degrees Celsius, practice may continue, at the Coach’s discretion, in a modified capacity. Modified means that cardiovascular activities (high intensity running, etc.) will be kept to a minimum.

GENERAL:

Practice cancellations will be communicated no less than 60 minutes before their scheduled start by the West Edmonton Raiders Football Club.

Individual Teams will communicate any modified plans to their teams no less than 30 minutes before their scheduled start.

The Club will try to make arrangements to reschedule cancelled practices. Please watch your messages for updates.