

## WSAPOL-25 EXTREME HEAT POLICY

Effective Date: August 2019 Revision Number:

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Like most clubs, Weyburn Soccer Association does not cancel soccer games due to extreme heat, but permits parents to make individual decisions on player participation.

“The goal in participating in hot weather is to avoid fluid loss from the body, or dehydration.”

The following recommendations are some key guidelines for soccer participation in the heat:

1. Avoid dehydration - Includes the need to pre-hydrate and post-hydrate
  - 3 hours prior to the game, drink at least 16 oz or 500 ml of water as a series of sips over the next 60 minute period
  - 2 hours prior to the game, drink at least 8 oz or 250 ml of water as a series of sips over the next 60 minutes
  - During the game drink at least 4- 8 oz of water for every 20 minutes of play
  - Immediately after the exercise, drink at least 16 oz or 500 ml of water or an electrolyte replacing drink
  - 1 hour after a training session or game consider drinking 16 oz or 500 ml of skim milk or chocolate milk for protein and muscle repair

### 2. Water Breaks

Referees have been advised that a water break **MUST** be provided at the mid-point of each half of play. The half-time (water break) should be a minimum of 5 minutes, but where possible, 10 minutes in duration (to allow for maximum water intake). This requirement is even more pronounced when teams are “short-handed” or do not have the full complement of substitutes.

Water breaks are mandatory and cannot be removed by coach request.

### 3. Heat Injury Indicators

Coaches, parents and players should be aware of the following list of indicators that players may be experiencing some level of “heat injury”:

- Flushed face
- Hyperventilation or shortness of breath
- Headache
- Dizziness
- Tingling Arms

- Goose Bumps
- Chilliness
- Poor coordination
- Confusion, agitation or uncooperativeness WSAPOL-26 CAST POLICY Effective Date:  
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Weyburn Soccer Association adheres to the Cast Policy as outlined by Saskatchewan Soccer on behalf of the Canada Soccer.

Law 4 states that a player may not use equipment that is dangerous to himself or another player. This is further expanded upon in the Interpretations of the Laws of the Game whereby it is advised that players may use equipment that has the sole purpose of protecting the individual physically providing that it poses no danger to the individual or any other player.

Modern protective equipment made of soft, lightweight, padded materials are not considered dangerous and are therefore permitted.

Hard plaster casts are considered to pose a danger to both the wearer and other players and are not permitted to be worn. The practice of padding a hard plaster cast does not reduce the element of danger.

Players wearing a soft, lightweight, cast will be permitted to play if the cast does not present a danger to the individual or any other player. The referee or Supervisor of Officials (if one has been appointed to the match/tournament) will make the final decision as to the acceptability of any cast.