

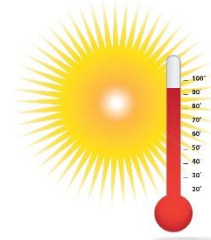
WEATHER CANCELLATION POLICY

Shedden Soccer Inc. has adopted the following policy in regards to weather related cancellations AND accommodations:

****Under no circumstances should a parent or guardian feel that they need to make their child(ren) attend soccer practices and games if they are not comfortable doing so.**

HEAT RELATED

Shedden Soccer Inc. implements the following:



- If the temperature is 32°C or higher at game time a warning flag system is put into place.
 - YELLOW - MODERATE RISK TO HEAT STRESS (32°C - 35°C)
 - RED - HIGH RISK TO POTENTIAL HEAT STRESS (35°C and higher)
- Practices and games WILL NOT be cancelled. Any family who wishes to attend their scheduled practice/game will be accommodated. Combining teams for practice/game will be allowed in order to have adequate substitutions.
- Any coaching staff that do not wish to participate on evenings where the temperature is high; please inform a member of the Executive Board and they will cover your team for those players who wish to still participate
- More frequent water breaks during extreme, hot weather.
- Substitutions are allowed more frequently and as deemed safe by the referee.
- U5-U7 games and practices will be 30 minutes in length (when yellow or red flag is posted)
- U8 + games and practices will be 40 minutes in length (when yellow or red flag is posted)
 - Yellow flag - play thirds
 - Red flag - play quarters

Ways to help prevent heat-related illness:

- Drink plenty of fluids, especially water, as the goal is to reduce fluid loss. Pre-hydrate! Do not wait until you feel thirsty. A general guideline is as follows:
 - 2 hours prior to any physical activity ... drink 1 bottle (500ml) of water
 - 1 hour prior ... drink 1/2 bottle (250 ml) of water
 - During ... drink 4-8 oz every 15-20 minutes
 - Post ... drink 1 bottle (500ml) of water
- Wear light, breathable clothing

STORM RELATED

- **Plan to Play** unless you see a cancellation posted on Facebook or the Shedden Soccer website (schedules page).
- Should a storm or lightning occur during a practice/game:
 1. Take Cover – proceed to the picnic pavilion, back barn or a vehicle
 2. Wait 15 minutes – allow families to take cover safely
 - allow Executive to determine a course of action (delay or cancel)

