

SMMSC HEAT & HUMIDITY SAFETY GUIDELINES 2025

Protecting Player and Participant Safety During Hot Weather Conditions

 In alignment with **Environment Canada**, **Ontario Soccer**, and **Canada Soccer** policies, these protocols are **mandatory** during games and practices when heat or humidity pose a risk.

◆ **1. OPTIONAL WATER BREAKS**

(No Official Heat Advisory in Effect)

 Coaches may request water breaks if concerned about high temperature.

 Break Format (if approved by referee):

- **One 60-second break per half** at the midpoint.
 - Breaks are at the **referee's discretion**.
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◆ **2. MANDATORY WATER BREAKS**

(When Environment Canada Issues a Heat Advisory)

 Every 10–15 minutes of play:

- **60 to 120-second water breaks.**
 - **Game clock must be stopped.**
 - ✗ **No coaching** during these breaks – players hydrate only.
 -  **Referees must enforce breaks without exception.**
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▼ **3. ADDITIONAL MATCH OFFICIAL PROTOCOLS**

 Watch for signs of overheating or fatigue.

 Be flexible with substitutions – allow extra if players are unwell.

 If a player appears in distress:

- Stop play immediately.
 - Alert team medical staff or guardians.
 - **Do not personally assess the player's condition.**
 Encourage hydration and shade for players, coaches, officials, and spectators.
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4. PARENT & GUARDIAN DISCRETION

Parents/guardians have the **final say** in their child's participation during extreme heat.

- ✓ No penalties for choosing to sit out for health reasons.
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5. BOARD & MATCH OFFICIAL RESPONSIBILITIES

 The **SMMSC Board** will determine cancellations due to heat or extreme weather.

 Any heat safety measures will be:

- Clearly communicated before each match.
 - Posted on the **SMMSC website** and **official social media**.
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SAFETY FIRST

By following these heat protocols, we ensure the safety and well-being of **every SMMSC participant**.

 Stay cool. Stay safe. Play smart.