



EXTREME WEATHER GUIDELINES & PROTOCOLS

2024

Extreme weather can have serious impacts on a player's health and safety. Temperatures can change quickly and don't always follow the weather projections. Our club, (staff, technical leads, team coaches and members), needs to be prepared and provide appropriate information when able to.

We ask that all members review the following guidelines regarding **cold weather**, **lightning**, **extreme heat**, and **air quality**.

COLD WEATHER

The effects of cold weather can impact health and safety during practices and games. The definition of “cold stress” varies across Canada depending on how accustomed people are to cold weather. British Columbia is unique, as our cold is very different to the rest of Canada.

The following information is not a substitute for medical or professional care, and you should not use this information in place of a visit, consultation or the advice of your physician or healthcare provider. For specific questions and concerns please consult your healthcare provider or physician.

Prevention of Cold Exposure

In cold weather temperatures, players are encouraged to wear proper layered clothing that can be added/removed as needed. These include; pants/long sleeves/coat/gloves/toque.

- Several layers around the core of the body to insulate.
- Long pants designed to insulate.
- Long sleeve shirt/sweatshirt/coat designed to block wind and insulate.
- Gloves
- Ear & head protection/insulation

TRAINING in Cold Weather WITH Precipitation	
0 to 2 degrees Celsius	No more than 60 minutes outside per session
0 degrees Celsius or lower	No outside practice

GAMES in Cold Weather WITH Precipitation	
0 to 2 degrees Celsius	Games can go ahead, if field is open/playable
0 degrees Celsius or lower	Games should be cancelled

TRAINING in Cold Weather WITHOUT Precipitation	
0 to 2 degrees Celsius	No more than 1 hour outside per session
0 degrees Celsius or lower	No outside practice

GAMES in Cold Weather WITHOUT Precipitation	
0 to 2 degrees Celsius	Games can go ahead, if field is open/playable
0 degrees Celsius or lower	Games should be cancelled

When referencing the **Weather Network** you will notice the 'actual temperature' and the 'feels like temperature'. Please refer to the 'feels like' as it takes into account the ambient air temperature, relative humidity & wind speeds to determine how the conditions feel to bare skin.

FIELD STATUS & CLOSURE GUIDELINES

We're playing soccer in the fall and winter, so wet and cold weather is expected, and games tend to go ahead as scheduled. However, when it pours rain, freezes, or snows your training and/or game day may be cancelled due to field closures - not because we don't want to play in rough weather.

Here are some FAQs for the field closure guidelines in the **City of Abbotsford only**:

In general, the Parks & Rec dept. at the City of Abbotsford determines whether a field will be closed.

For weekends, every Friday prior to 12pm. The closures are posted on their website but are NOT updated over the weekend.

Field Inspection Procedure

These inspections occur daily during the business week to determine field status. Parks staff report on conditions daily prior to 12pm for daily status.

Prior to 12pm on Fridays, the weekend field status will be reported. This status applies for the entire weekend until further inspections are performed, on the first business day of the next week.

Fields are closed to prevent situations that may lead to player injury and degradation of the field surfaces.

Conditions that warrant field closures are:

- *Standing water*
- *Frozen or snow-covered field surface*
- *Excessive wear*
- *Excessive frost*
- *Weather forecasts stating inclement weather.*

In the event of heavy rain/frost/snow after Friday at 12pm, an ASA staff member will check the field in person and will make the decision on field status and suitability for play.

Web Link: [City of Abbotsford Field Status](#)

GENERAL GUIDELINES FOR CITY OF ABBOTSFORD FIELD CLOSURES

SYNTHETIC TURF FIELDS should not be played on if there is snow present on the field. *Do not* attempt snow removal, as this can damage the turf, and the Parks Board may choose to penalize our Club for your actions.

GRASS FIELDS that are saturated, have standing water, or large muddy areas on the playing surface should not be played on. Likewise, if grass fields are frozen, have snow or heavy frost—do not use until surface conditions have thawed and drained.

HOME FIELD CLOSURE PROTOCOL BY ASA

In-Club Programming

1. If the City has closed the fields, an email from the ASA Admin will be sent to program technical leads, informing them of closures. The program staff should then inform their players and parents. An additional notice may also be posted to Club Hub, in the PowerUp Connect app.
2. If the City does not close the field, and there has been heavy rain/snow since the Friday deadline, the fields will be checked on the **day of play** by the Club. Closures will be emailed out to program technical leads, informing them of closures. The program staff should then inform their players and parents. An additional notice may also be posted to Club Hub, in the PowerUp Connect app.

Parents should always check their email the day of the game for any last-minute changes.

Divisional Team (BCCSL)

1. If the City has closed the fields, an email from the ASA Admin will be sent to the team staff (coaches and/or managers), informing them of closures (and any potential changes to their location of home fields). The team staff should then inform their players and parents. An additional notice may also be posted to Club Hub, in the PowerUp Connect app.
2. If the City does not close the field, and there has been heavy rain/snow since the Friday deadline, an ASA staff member (typically the Head Referee) may make a call on game day, depending on the circumstances. If the City *and* ASA have not closed fields, **teams must arrive to the field** where the match referee will determine if the field is playable or not. This decision will be reported back to ASA and decisions will be made and communicated regarding any further games on that field. If the Head Referee is not available or we do not receive updates, the Club's Technical Director can make a decision on the field status. In the case of fields being closed, photos should be taken of the field and sent to ASA.

AWAY GAMES FIELD CLOSURE (BCCSL TEAMS)

1. ASA teams playing in other areas of the lower mainland (e.g. Burnaby, Richmond, Surrey, Nth Shore), should contact their opponents on the Friday to confirm if their district/Parks Board has closed the fields or to confirm if there has been any change of field.
2. If fields are not closed and games are going ahead as of Friday, then teams should reach out on the morning of their game to reconfirm no change due to overnight inclement weather. If no change **the teams must arrive to the field** where the match referee will make a call on the safety of the field and whether the game should go ahead.

WHAT IF OUR FIELD IS DESIGNATED OPEN BUT IS UNPLAYABLE?

SYNTHETIC TURF FIELDS – should not be played on if there is snow on the turf. *Do not* attempt snow removal as this can damage the turf, and the Parks Board may choose to penalize our Club for your actions.

GRASS FIELDS – if the grass playing field is saturated, has big puddles, or has large areas of mud, it should be closed, and the game should be cancelled. Team officials should take photos of that field and forward to the Club Admin. The Club Admin will communicate this to the City of Abbotsford. If the field is frozen or covered in snow, the field cannot be used until thawed and drained.

BC COASTAL SOCCER LEAGUE (BCCSL) COLD WEATHER GUIDELINES

The BCCSL geographical region extends from far west as Pemberton and as far east as Hope. With such a vast geographical reach, it is nearly impossible for the BCCSL to mandate League wide closures as each region will have its own weather experience, meaning in some regions, games will be able to be played, while in others they can't be.

Protocol:

When temperatures fall below freezing (0°C/32°F) being outdoors for an extended period of time can become unsafe. As such, when temperatures do fall below freezing, Districts and/or Clubs should follow the process.

- a. Districts and/or Clubs are responsible for establishing if it is safe for games to proceed in their region.
 - i. Is the temperature below freezing? Will it remain below freezing all day/weekend?
 - ii. Is the field frozen? Visual inspection may be required.
 - iii. Is it safe for opponents to travel for games?
- b. Due to the vast geographic reach of the BCCSL, the Home District and/or Club must determine no less than four (4) hours before kick-off if a game(s) will proceed as scheduled.
- c. If the field is unplayable and games will not be proceeding the Home District and/or Club must do the following:
 - i. Reach out to the scheduled opponents via email and or phone to inform the game is being postponed.
Contact must be made to avoid unnecessary travel.
 - ii. Provide their District Administrator a list of all games, including the match number that will not be going forward.
 - iii. District Administrators must forward the list of games that will not be played to the BCCSL General Manager and Scheduler.
- d. The rescheduling of postponed games will fall on the teams involved, unless no games were played then the BCCSL will determine the path forward for all involved.

LIGHTNING

ASA follows the Canada Soccer **Lightning Safety/Severe Weather Policy**

EXTREME HEAT

ASA follows the **BC Soccer Extreme Heat Guidelines**. Players of all ages should be encouraged to bring enough water to stay hydrated and wear lightweight, breathable clothing.

EHE Activity Chart

Humidex Value	Discomfort at rest	Risk of overheating during exercise	Activity Modification
Below 24 C	None	Low	N/A
25C to 29C	None	Low to Moderate	N/A
30C to 34C	Some	Moderate - Athletes should be monitored	Games - Drink Breaks every 30 minutes
35C to 39C	High	High - Athletes should be monitored closely	Games - consider reduced game length, re-schedule kick-off or cancellation
40C	EXTREME	EXTREME	ALL ACTIVITY CANCELLED

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AIR QUALITY

ASA uses the Government of Canada's **Observed Air Quality Index** and **Air Quality Guidelines** as its two primary resources for making informed decisions around any changes, rescheduling or reduction of its camp programs. As conditions change, the Club will always make decisions in the best interest of the players, members, and staff, and whenever possible, commit to running programs as scheduled.