



## **PECSA Weather Policy**

### **Board of Directors**

Approved 03 July, 2025

7 Pages

1. **PURPOSE.** The safety of players, coaches, management, and spectators is the primary concern of the PECSA. This policy provides the direction to govern when match competitions and training sessions will proceed or not under specific weather conditions. By understanding and following the information below, the safety of everyone shall be greatly increased. Note: It is the responsibility of each family to assess weather conditions and make a thoughtful decision on whether to attend their soccer game. Considering factors such as extreme weather conditions, lightning storms, heavy rainfall, or excessive heat, the family should carefully evaluate the potential risks and benefits of attending the game.
2. **COMMUNICATION.** In case of the need to cancel a game or program, the Club shall send an email communication to all relevant participants, coaches and referees outlining the status of the game or program. In addition, PECSA will post relevant information on our social media pages. It is the responsibility of each participant to ensure the correct email address is on file with PECSA. It is recommended that each participant, coach, and referee consult with or follow PECSA's social channels and website.
3. **OFFICIAL WEATHER SOURCES.** In order to ensure consistency when determining game or training conditions, the following weather sources will be used:
  - a. The Weather Network will be used as the official source for temperature forecasts. If the forecast for the exact kick-off time is not stated, then the average of the two closest predictions for that time will be used. For example, for a 6:30 kick-off, the average of the 6:00 and 7:00 predictions will be used.

Please refer to the following links for current conditions in our area: [Picton, ON Current Weather - The Weather Network](#)

All temperature-related decisions (e.g., game cancellations, water breaks) will be based on the data provided at this link at the scheduled start time of the game or training session.

- b. Environment Canada will be used as the official source for air quality.

Please refer to the following links for current conditions in our area: [Belleville, Ontario - Air Quality Health Index \(AQHI\) - Environment Canada](#)

All air quality related decisions will be based on the data provided at this link at the scheduled start time of the game or training sessions.



#### 4. SUMMARY TABLE

WEATHER EVENT	CONDITION	IMPACT ON GAMES	IMPACT ON TRAINING
<b>Thunder / Lightning</b>	Detected within 30 mins of start OR during activity	Cancelled	Cancelled
	No thunder/lightning within 30 mins of start	Proceeds	Proceeds
<b>High Winds / Heavy Rain</b> <i>Decision made by Field Marshall, Referee or Training Supervisor</i>	Discretion of Field Marshall	Cancelled if deemed unsafe	Cancelled if deemed unsafe
<b>Extreme Heat</b> <i>Decision made by 2pm using the Weather Network forecast</i>	Temperature at kick off time is predicted to be less than 28C (or feels like less than 30C)	Proceeds as normal	Proceeds as normal
	Temperature at kick off time is predicted to be 28C - 35C (or feels like 30C -37C)	Proceed with a minimum of 1 x 2min water breaks per half.  Game shortened by 10 minutes except for small sided games (water breaks included in game time)	Include extra breaks
	Temperature at kick off time is predicted to be more than 35C (or feels like 37C)	Cancelled or delayed to a later kick off to allow heat to dissipate	Cancelled
<b>Cold Conditions</b>	≥ 2°C (Wind Chill Included)	Proceeds as normal	Proceeds as normal
	< 2°C	Cancelled	Cancelled
<b>Air Quality (AQHI)</b> <i>Decision made by 2pm using the Environment Canada</i>	≤ 5 in	Proceeds as normal	Proceeds as normal
	6–7	Proceed with water breaks and possible shortening	Include extra breaks
	≥ 8	Cancelled	Cancelled



**PECSA Weather Policy**

**Board of Directors**

Approved 03 July, 2025

7 Pages

5. **EXTREME TEMPERATURES.** With the changing climate conditions, the Prince Edward County area has seen an increase in the number of high heat days during the outdoor playing season. To ensure a safe and enjoyable playing experience, the Club shall govern competitions and training in the following matter with respect to high and/or extreme heat. Where the air temperatures are predicted to reach the following thresholds at kickoff time for a match or training, the Club shall take the following actions and communicate decision by 2pm the day of:

Temperature	Game	Training
Temperature at kick off time is predicted to be less than 28C (or feels like 30C)	Proceed as normal	Proceed as normal
Temperature at kick off time is predicted to be 28 - 35C (or feels like 30-37C)	Game to proceed.  The game must have at least one, 2-minute water break in each half. It is up to the discretion of the Referee and/or coaches to provide additional water breaks in each half.  For those situations where teams can not field a maximum number of players, shorten the game by 10 minutes. Water breaks count towards game time.	Additional breaks should be incorporated into the training session
Temperature at kick off time is predicted to be more than 36C or feels like 38C	Game is cancelled or delayed to a later kick off to allow heat to dissipate	Training sessions are to be cancelled
Temperature at kick off time is predicted to be under 2C	Game is cancelled	Coaches shall cancel the training session



6. **THUNDER, LIGHTNING AND SEVERE WEATHER.** Thunder/lightning often provide no advance warning and therefore limit the ability for advance notification to the PECSA community. If any thunder or lightning is detected within 30 minutes of a game or training, the event must be cancelled. It is the responsibility of the entire PECSA community to report and act on the detection of Lightning or unsafe conditions.

Other unsafe conditions may include, but are not limited to high winds greater than 60 km/hr and heavy rain. In addition to unsafe conditions, significant weather events may result in the fields being unplayable for safety reasons or potential damage to the field.

Ultimately, the PECSA Field Marshall (or PECSA Executive Designate) has the final say over cancelling a game/training due to weather.

Detection of Thunder or Lightning	Game	Training
Within 30 minutes of the start time	Game is cancelled	Training is cancelled
During the game or training	Game is cancelled	Training is cancelled

The PECSA Field Marshall (or PECSA Executive Designate) will use an air horn signal to indicate that the game is cancelled and all fields must be cleared. When this occurs, all coaches, players, referees and spectators are expected to promptly clear the field and head to safe areas.

Coaches are encouraged to act responsibly and err on the side of caution by cancelling training when conditions are not safe. Coaches are encouraged to document and capture unsafe field conditions and/or weather events when possible.

7. **Air Quality (AQHI)** Where the Air Quality Health Index (AQHI) are predicted to reach the following thresholds at kickoff time for a match or training, the Club shall take the following actions and communicate decision by 2pm:

AQHI	Game	Training
5 or less	Game to proceed as normal	Training to proceed as normal
6 or 7	Game to proceed. The game must have at least one, 2-minute water break in each half. It is up to the discretion of the	Additional breaks should be incorporated into the training session



	Referee and/or coaches to provide additional water breaks in each half.  For those situations where teams can not field a maximum number of players, shorten the game by 10 minutes. Water breaks count towards game time.	
8 or greater	Game is cancelled	Coaches shall cancel the training session

8. **ADDITIONAL INFORMATION ON LIGHTNING.** Please note the following recommendations from Environment Canada:

- a. The existence of blue sky and absence of rain are not protection from lightning. Lightning can and does strike as far as ten (10) miles away from the rain shaft. It does not have to be raining for lightning to strike. Many lightning casualties occur in the beginning, as the storm approaches, because many people ignore initial precursors of high winds, some rainfall and cloud cover. Generally, the lightning threat diminishes with time after the last sound of thunder but may persist for more than thirty (30) minutes.
- b. Lightning can strike ahead of the parent cloud – take action even if the thunderstorm is not overhead. Be aware of how close lightning is occurring. The flash-to-bang method is the easiest and most convenient way to estimate how far away lightning is occurring. Thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment and its distance from the observer.
- c. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. This activity must be treated as a wake-up call to all.
- d. The most important aspect to monitor is how far away the lightning is occurring, and how fast the storm is approaching, relative to the distance of a safe shelter.
- e. Recognize that personal observation of lightning may not be sufficient. Additional weather information may be required to ensure consistency, accuracy, and adequate advance warning.
- f. When larger groups are involved, the time needed to properly evacuate an area increases. As time requirements change, the distance at which lightning is noted and



considered a threat to move into the area must be increased. Extending the range used to determine threat potential also increases the chance that a localized cell or thunderstorm may not reach the area giving the impression of a “false alarm”.

g. Know where the closest “safe structure or location” is to the field or playing area and know how long it takes to get to that safe structure or location.

h. Safe structure or location is defined as:

- Any building normally occupied or frequently used by people, i.e., a building with plumbing and / or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and do not use the showers or plumbing facilities during a thunderstorm.
- In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof which dissipates the lightning strike around the vehicle. Do not touch the sides of any vehicle!
- If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground because lightning current often enters a victim through the ground rather than by a direct overhead strike.
- Minimize your body’s surface area and the ground! Do not lie flat! If unable to reach safe shelter, stay away from the tallest trees or objects such as light poles or flag poles), metal objects (such as fences or bleachers), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.
- Avoid using the telephone, except in emergency situations. People have been struck by lightning while using a land-line telephone. A cellular phone or a portable remote phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure or location, and if all other precautions are followed.

## **9. ADDITIONAL INFORMATION ON EXTREME HEAT**

a. **Proper Hydration.** There are some simple guidelines which have been prepared by the American College of Sports Medicine (ACSM) when it comes to running activities in a hot and/or humid environment. The goal in participating in hot weather is to avoid fluid loss from the body or dehydration. Water not only accounts for some 98% of our body composition, but functions to help deliver oxygen to working muscles, and keeps the body from overheating during strenuous activity. Hard working muscles generate heat which is dissipated through the act of sweating. Evaporation



## **PECSA Weather Policy**

### ***Board of Directors***

Approved 03 July, 2025

7 Pages

of sweat on the skin allows the body to get rid of this heat and cool it off. Avoid dehydration and make sure you pre-hydrate: Don't wait till you feel thirsty because the body will not be able to tell you in time that you are dehydrated, here are some practical recommendations:

- 2 hours before exercise, drink at least 16 oz or 500 ml (an average bottle of water)
- 1 hour before exercise, drink at least 8 oz or 250 ml (half an average bottle of water)
- During the exercise, drink at least 4 to 8 oz every 15-20 minutes
- 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.
- As a rule of thumb, you should drink at least 500 ml for every 20 lbs of body weight, therefore, someone weighing 140 lbs needs to drink at least 3500 ml of fluid per day if training or playing that day. Drinking carbohydrate and electrolyte fluids may be beneficial in avoiding heat trauma. Wearing light breathable clothing is advised.

Below is a list of some of the early warning signs to look for:

- Flushed face
  - Hyperventilation or shortness of breath
  - Headache
  - Dizziness
  - Tingling arms
  - Goosebumps (hair on arms standing on end)
  - Chilliness
  - Poor coordination
  - Confusion, agitation, uncooperativeness
- b. **Heat Stroke.** A medical emergency due to a failure of the heat – controlling mechanism. It may occur merely as a result of exposure to heat. Signs & Symptoms include – mental confusion, headache, poor coordination, delirium, convulsions, and death. The body temperature may be 106 F or 40.5 C or higher, the skin is usually hot and dry as the sweating mechanism has failed. Call 911 and transport to a local hospital. Rapid cooling is the goal using wet towels, spray mist, sponge baths and removal from the heat. This condition could cause the athlete to go into shock and coma may follow so immediate medical attention is required.