

Water Breaks

Extremely hot weather may necessitate the game being stopped for water breaks in each half of the game. Only one coach has to ask for a water break. This is to be discussed and agreed upon prior to the game and will be administered by the referee with the break called approximately half way through each half. The referee will add time to each half to accommodate water breaks, as required.

Weather

Teams are expected to practice/play in inclement weather. Games/practices may be cancelled by the City of Ottawa restricting the use of fields. Players and coaches are expected to arrive at the field for games unless notified by the Dragons. The assigned match referee will determine whether or not the field and/or weather conditions are suitable for play. Only the referee can make the decision to abandon a game at the field. For U5-U7, coaches will make this decision.

- Referees will follow Soccer Canada's severe weather policy to determine safety of play. If thunder is heard, they are to abandon the game.
- When a game is abandoned, there is no wait period to re-start. All participants are to leave.
- If both teams are present at minimum strength or more and the game is not started due to weather, a 0-0 tie is recorded.
- If the game has started and is abandoned in the first half, the score is recorded as 0-0 regardless of the actual score. If the game is abandoned after the second half has started, the score is recorded as it stands at the time the game is abandoned.

When the temperature, at any point in the day of play, is registered as being above 30 degrees Celsius as recorded on Environment Canada's website https://weather.gc.ca/forecast/hourly/on-118_metric_e.html, the Dragons heat policy will come into effect.

Heat Policy

When Environment Canada forecasts the temperature at game time to be greater than 30 °C, there will automatically be two water breaks per half. Games and practices will continue as scheduled. Coaches are to monitor players for signs of heat stress or injury. (source: https://weather.gc.ca/forecast/hourly/on-118_metric_e.html)

When the temperature at game time is forecast to be 37 °C or higher or the humidex is forecast to be 39 °C or higher, games and practices will be cancelled.

The Dragons' Board reserves the right to cancel soccer activities based on extenuating circumstances and/or explicit weather warnings as posted on Environment Canada's website

Other extremely hot weather conditions may necessitate the game being stopped for water breaks in each half of the game. Only one coach has to ask for a water break. This is to be discussed and agreed upon prior to the game and will be administered by the referee. The referee will add time to each half to accommodate water breaks, as required.

The Dragons reserve the right to cancel soccer activities based on extenuating circumstances and/or explicit weather warnings as posted on Environment Canada's website.

See the [Avoiding/preventing heat-related injuries](#) document available on the website.

Air Quality Policy

If the air quality rating is forecast on the Environment Canada website at 7 or above at game/practice time, soccer activities will be cancelled. The forecast review will be conducted by the Dragons' Board, and coaches will be notified by the office and via the website of any cancellation.

When Lightning Strikes

Statistics - In Canada, **annually**, there are approximately 10 lightning fatalities and 100 to 150 people injured by lightning.

Safety

- Keep a safe distance from tall objects (trees, hills, poles)

WEATHER-RELATED SUBJECTS

- Stay away from objects that conduct electricity (metal fences, metal poles)
- Avoid being the highest point in an open area
- If caught in a level field, far from shelter, and you feel your hair stand on end, immediately kneel on the ground with your feet together, place your hands on your knees and bend forward
- If you are in a group in the open, spread out, keeping people several metres apart

Dispelling the Myths

FICTION	FACT
If it's not raining, there is no danger from lightning.	Lightning often strikes outside of heavy rain and may occur more than 16 km away from a storm.
People who are struck by lightning carry an electrical charge and should not be touched.	Victims struck by lightning carry NO electrical charge and should be attended to immediately.
The rubber soles of your shoes will protect you from being struck by lightning.	Shoes provide NO protection from lightning.
The rubber tires on your car will protect you from being struck by lightning.	A vehicle does NOT provide ABSOLUTE protection. You are much safer inside than outside in lightning.