

HYDRATION BREAKS & EXTREME HEAT CHART



The match referee reserves the right to implement hydration breaks during matches so that players may hydrate during extremely hot or humid weather conditions. The NSSL permits hydration breaks to be implemented when the match official identifies a need and the teams agree. The following shall be the process used to determine whether hydration breaks should be implemented by the match referee.

PRE-GAME DECISION-MAKING PROCESS:

1. STEP 1

- a. Referee to go to <https://www.theweathernetwork.com/ca> and find your specific location.

2. STEP 2

- a. Check the current temperature with specific focus on the “feels like” temperature which accounts for the humidity in measuring temperature.

3. STEP 3

- a. It is the responsibility of the respective coaches to monitor local temperatures and consult with the Match Official to determine the status of the Game and activity modification** **The Match Official reserves the right to cancel a match based on their assessment of the Extreme Heat Event Activity Chart**

4. STEP 4

- a. Review the EHE Activity Chart for appropriate Activity Modifications

LAWS OF THE GAME EXPLANATION (DRINK BREAKS & COOLING BREAKS)

Law 7 within the Laws of the Game allows for medical stoppages permitted by competition rules, e.g., drinks and cooling breaks.

DEFINITIONS IN LAW:

1. Drinks break – Competition rules may allow ‘drinks’ breaks (of no more than one minute) for players to rehydrate; these are different from ‘cooling’ breaks
2. Cooling’ break – In the interests of player welfare and safety, competition rules may allow, in certain weather conditions (high humidity and temperatures), ‘cooling’ breaks (usually ninety seconds to three minutes) to allow the body’s temperature to fall; these are different from ‘drinks’ breaks

IMPLEMENTATION:

- Each break will last up to three (3) minutes in length and is to be held at approximately the halfway point of each period
- The ball must be out of play for the break to commence
- The Referee will signal for the start of the break and inform both teams and all match officials

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- The clock will continue to run, and all time allotted for the break will be added to stoppage time.
- Both teams will go to their respective team bench areas
 - Players must remain on the field of play
 - Coaches cannot leave their respective technical areas
 - Bench personnel cannot enter the field of play (excluding Medical Personnel)

FIELD CONDITIONS:

1. Natural (Grass) Fields

- a. The temperature should be consistent with what is assessed using the decision-making steps

2. Synthetic (Turf) Fields

- a. Synthetic (Turf) Fields absorb heat and the field level temperature will be hotter than the posted temperature.
- b. If playing on synthetic (turf) fields, coaches and match officials should assess this impact and modify activity accordingly.

EXTREME HEAT EVENTS ACTIVITY CHART

HUMIDEX VALUE	DISCOMFOR AT REST	RISK OF OVERHEATING DURING EXERCISE	ACTIVITY MODIFICATIONS
BELOW 24 C	None	Low	N/A
25 C TO 29 C	None	Low to Moderate	Drink breaks should be considered
30 C TO 34 C	Some	Moderate – Athlete should be monitored	Drink breaks or cooling breaks midway through each half
35 C TO 39 C	High	High – Athletes should be monitored closely	Cooling breaks midway through each half AND consider reduced game length or cancellation
40 C +	EXTREME	EXTREME	ALL ACTIVITY CANCELLED

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BELOW 24 C

N/A

25 C TO 29 C

DRINK BREAKS SHOULD BE CONSIDERED

30 C TO 34 C

DRINK BREAKS OR COOLINGS BREAKS MID WAY THROUGH EACH HALF

35 C TO 39 C

COOLING BREAKS

40 C +

ALL ACTIVITY CANCELLED

SOCCER NOVA SCOTIA