



POLICIES

Extreme Heat and Humidity Guidelines

Provided by Manitoba Soccer Association

Southern Manitoba is particularly susceptible to high temperatures and humidity. On days with high humidity, the average person will feel hotter compared to a drier day with the same air temperature since perspiration (which normally cools down the individual) cannot evaporate as readily in moist, saturated air.

Since 1965, the Humidex has been adopted and used throughout Canada. The Humidex combines the temperature and humidity into one number to better describe the perceived temperature that an average person is experiencing.

When the Humidex is high, individuals are at considerable risk of heat stroke, cramps, exhaustion, and sunstroke. Environment Canada has created the following table to relate the Humidex values to the comfort level that an individual will experience.

Humidex Table

Humidex	Degree of Comfort
20 - 29	No discomfort
30 - 39	Some discomfort
40 - 45	Great discomfort; avoid exertion
46 and over	Dangerous; possible heat stroke

An extremely high Humidex reading is defined by Environment Canada as one that is over 40. At that level, it is suggested that individuals avoid exertion.

Based on this information, the MSA has adopted the following guidelines for its Member Leagues with regard to matches played on summer days with high Humidex values. These guidelines were based on the Humidex value two hours prior to the scheduled kick-off time.



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- On days where the Humidex value is 35-39, games will proceed as scheduled. A water break during each half may be allowed if agreed upon by the teams.
- **When the Humidex value reaches 40-45, the MSA recommends that Member Leagues consider delaying kick-off, postponing the match, or cancelling the match.** Should a Member League decide to go ahead with its scheduled matches, multiple water breaks will be permitted during the course of each half of play.

If the Humidex value reaches 46 or greater, the MSA recommends Leagues cancel matches where, in all probability, the Humidex will remain over the threshold of 46 by kick-off. On such days, the MSA will reserve the right to withdraw the services of its match officials should it deem the weather conditions to be too dangerous for the players, Club Officials, and match officials. The MSA will inform its Member Leagues of such a decision either by telephone (call or message) or e-mail at least two hours prior to the scheduled kick-off time. If a match is not cancelled in advance due to this extreme Humidex value, the official assigned to the match will retain the authority regarding delaying, cancelling, or restarting a game due to weather (as is the case with all other weather issues).