

Uxbridge Soccer & Extreme Heat

Uxbridge Soccer Club does not cancel soccer games due to extreme heat. History has shown us that most evenings, the soccer fields are some of the coolest areas in town. With appropriate precautions, we are able to have a great night at the fields.

Parents are, of course, permitted to make individual decisions on player participation.

Things to consider when going to the fields are, the need for shade (umbrellas are good), the need for water, and the need to take it easy. The following recommendations are some key guidelines for soccer participation in the heat:

1. Avoid dehydration - Includes the need to pre-hydrate and post-hydrate

3 hours prior to the game, drink at least 16 oz or 500 ml of water as a series of sips over the next 60 minute period

2 hours prior to the game, drink at least 8 oz or 250 ml of water as a series of sips over the next 60 minutes

During the game drink at least 4- 8 oz of water for every 20 minutes of play

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

2. Water Breaks

Referees have been advised to provide extra water breaks during play and to extend the half time break to 10 minutes if possible (to allow for maximum water intake). This requirement is even more important when teams are "short-handed" or do not have the full complement of substitutes.

Water breaks are mandatory and cannot be removed by coach request.

3. Heat Injury Indicators

Coaches, parents and players should be aware of the following list of indicators of "heat injury":

- Flushed face
- Hyperventilation or shortness of breath
- Headache
- Dizziness
- Tingling Arms
- Goose Bumps
- Chilliness
- Poor coordination
- Confusion, agitation or uncooperativeness

4. Players who are sitting off should be actively encouraged to wear a hat.

This summary was sourced from the Pickering Soccer Club and based upon the OSA 2010 "Heat Alert" document. For more detailed information, please visit the OSA website at: <http://ontariosoccer.net/Player/HighPerformanceSportCentres/AvoidingandPreventingHeatRelatedInjuries.aspx>