

PARTICIPATION IN THE HEAT POLICY

Dixie SC abides by the Ontario Soccer's Participation in the Heat Policy. Below are some key guidelines for soccer participation in the heat:

1. 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:
 - o 2 hours before exercise, drink at least 16 oz or 500 ml (an average bottle of water)
 - o 1 hour before exercise, drink at least 08 oz or 250 ml (half an average bottle of water)
 - o During the exercise, drink at least 4 to 8 oz every 15 – 20 minutes
 - o Immediately after the exercise, drink at least 16 oz or 500 ml of water or an electrolyte replacing drink
 - o 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. 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.
3. Drinking carbohydrate and electrolyte fluids may be beneficial in avoiding heat trauma.
4. Wearing light breathable clothing is advised.
5. Officials should be very cautious in authorizing games and practices in environments where the temperature plus humidity combined are 35 C and over. They should enquire of the participants to ensure pre-event hydration; medication use and susceptibility to heat injury (prior occurrence). Also unlimited substitution is recommended during games as is frequent fluid brakes and fluid availability on both sides of the field.

For more details, Dixie SC members are encouraged to read the entire article on the OS website: [Avoiding and Preventing Heat Related Injuries When Playing Soccer](#).