



Weather-related Policy

We live in a city where the weather can change at any time. Teams are expected to train and play in all types of weather when it is safe to do so. Majority of the time it will be up to the coach and team officials that make the call at the field during practices. The team officials should always put the safety of the players first in all decisions. The referee will make the call for all U9-U21 games to be cancelled or not. The coaches and staff will make the call for all U5-U7 trainings and festival games to be cancelled or not.

Heat/ Water Breaks

Coaches should encourage players to drink as much water as possible before an activity, during the activity and after the activity. The athletes at BTB train at an extremely high intensity and refueling is a key element in preventing dehydration and injuries. If it is an extremely hot day, the coaches are asked to provide many water breaks during the session. During the game, the referees and coaches can decide when in the game water breaks can be given due to the extreme heat.

Heat Policy

When the weather is forecast to be over 32 degrees Celsius, the coaches should give water breaks every 10-15 minutes of a high intensity activity. During a game, the 2 head coaches and head referee can decide how often to give water breaks. There should be a minimum of 1 per half.

When the temperature is above 40 degrees Celsius coaches must take extra pre-cautions of how they run the practices and games. Games and practices can potentially be cancelled. We want to make sure we avoid heat-related injuries as much as possible.

Lighting Policy

Canada Statistic- In Canada there is approximately 10 lightning death per year and 100 to 150 people injured by lightning. We must follow these simple rules when lightning strikes:

- Keep a safe distance from tall objects (trees, poles, hills)
- Stay away from objects that conduct electricity (metal fences, metal poles)
- Find a shelter immediately.
- If caught in a level field, far from shelter, knee down facing forward.
- If you are in a group spread out at least 3 metres between each person.

Air Quality Policy

Air quality affects the air that we breathe. If the air quality is forecast by environment Canada in a certain area to be 7 and above at game or training time, the activities will be cancelled by the BTB staff and board. The coaches and managers will be notified via an email or other forms of communication.