



TORONTO ULTIMATE CLUB (TUC)

TUC EXTREME WEATHER GUIDELINES

Policy Category: League and Risk Management
Review Period: 1 Year
Date: 17 June 2024

EXTREME HEAT GUIDELINES

- 1) From time to time, the City of Toronto is placed under a “Heat Watch” or a “Heat Warning” by Environment and Climate Change Canada. The following are guidelines that TUC Staff apply to extreme heat situations for Toronto Ultimate League games, events and programs:

Heat Caution Rules – 32 Degrees Celsius to 38 Degrees Celsius

- 2) When the heat/humidex values fall between **32 and 38 degrees Celsius**, the Heat Caution rules will take effect. Heat Caution rules differ from standard play in the following ways:
- a) All limits on the number and length of timeouts are removed. For timeouts during a long-point, substitutions are permitted.
 - b) Gender-matching ratios for mixed play are granted higher flexibility to ensure necessary breaks for players. **UNANIMOUS** approval must come from team captains of both teams!
 - i) **NOTE:** The purpose of this is to provide athletes the time needed to hydrate and stay cool, whilst still allowing the game to continue. So as an example: If after a long point, one team is short Open matching players as they need a longer break, and they ask the opposing team Captains to run a 3:4 ratio for a few points to allow their Open players to recover, the opposing team Captains must agree in order for the 3:4 ratio to happen. Similarly, if after a long point, one team is short Female matching players and those players need a longer break, the team may ask the opposing team Captains to run a 5:2 ratio for a few points to provide their Female matching players more time to recover. The opposing team must agree in order for the 5:2 ratio points to happen.

Extreme Heat Rules – 38 Degrees Celsius to 42 Degrees Celsius

- 3) When the heat/humidex value falls between **38 and 42 degrees Celsius**, the Extreme Heat rules will take effect. Extreme Heat rules include both the Heat Caution rules above, as well as the following:
- a) There are mandatory water breaks every three (3) minutes. This is **IN ADDITION** to the unlimited timeouts at the teams’ disposal.
 - b) Captains of any team may unanimously decide to forfeit their game for the cause of player safety. Approval from the other team is not needed.
 - c) Games are shortened to a maximum point cap of 13. This can be lowered for individual games with **unanimous** approval from the team captains of both teams.



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- d) Depending on the weather situation specific to that day, TUC staff/leadership can, if field permits allow, change and enforce later start times or earlier end times. This will be communicated in advance.
- e) If the heat/humidex falls below 38 degrees during the game, the team captains of both teams can **unanimously** choose to scale the rules back to Heat Caution levels.

Extreme Heat: Suspension of Play – Greater the 42 Degrees Celsius

- 4) When the heat/humidex is above **42 degrees Celsius**, all play is suspended automatically.
- 5) TUC Staff/leadership will always have the right to suspend play, for the league or specific games/teams.
- 6) If the “Extreme Heat” or “Play Suspension” scenarios apply, TUC Staff/Leadership will communicate with Captains/Coaches by 4:00 pm day-of, similar to rain/thunderstorm events. The TUC home page rain banner will not be updated if a couple games are moved, as officially all games 'are still ON'. In the case that all games across the City are cancelled, a banner will be posted on the TUC homepage indicating ALL games are cancelled.

AIR QUALITY HEALTH INDEX GUIDELINES

- 7) From time to time, the City of Toronto is placed under an “Air Quality Health Index” Statement by Environment and Climate Change Canada. The following are guidelines that TUC staff apply when an Air Quality Health Index situations for Toronto Ultimate League games, events and programs:

Air Quality Health Index Rules – AQHI 0 to 3

- 8) When the Air Quality Health Index (AQHI) is 3 or below, games, programs and events will continue as normal and as scheduled.

Air Quality Health Index Rules – AQHI 4 to 6

- 9) When the Air Quality Health Index (AQHI) is between 4 and 6:
 - a) Practices and Junior Programming:
 - i) Consider reducing the intensity of the practice/program
 - ii) Consider reducing the duration of the practice/program
 - iii) Provide resting periods for athletes and participants.
 - iv) Should any participant experience symptoms of coughing or throat irritation, consider stopping the practice/program due to air quality concerns.
 - b) League Games:
 - i) Games should continue as scheduled.
 - ii) Similar to the Heat Caution Rules for Extreme Heat game rules will differ in the following way to allow for breaks for hydration and rest:



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- (1) All limits on the number and length of timeouts are removed. For timeouts during a long-point, substitutions are permitted.
 - (2) Gender-matching ratios for mixed play are granted higher flexibility to ensure necessary breaks for players. **UNANIMOUS** approval must come from team captains of both teams!
 - (a) **NOTE:** The purpose of this is to provide athletes the time needed to hydrate and stay cool, whilst still allowing the game to continue. So as an example: If after a long point, one team is short Open matching players as they need a longer break, and they ask the opposing team Captains to run a 3:4 ratio for a few points to allow their Open players to recover, the opposing team Captains must agree in order for the 3:4 ratio to happen. Similarly, if after a long point, one team is short Female matching players and those players need a longer break, the team may ask the opposing team Captains to run a 5:2 ratio for a few points to provide their Female matching players more time to recover. The opposing team must agree in order for the 5:2 ratio points to happen.
 - (3) Should any participant experience symptoms of coughing or throat irritation, consider stopping the game due to air quality concerns.
 - (4) Should at game time, captains feel the air quality conditions are not great and are deemed dangerous, delay the start of the game by 15 to 25 minutes, and if it is still deemed that the air quality is poor, cancel the game and advise TUC that the game is cancelled due to air quality concerns.
- c) Tournament/Day Long Events with Multiple Games in a Day
- i) When there are multiple games in a day, and the AQHI is between 4 and 6, the following changes from the noted tournament rules will apply to provide added resting periods:
 - (1) Addition of one official break per half.
 - (2) For additional breaks, the time between pulls is extended by 3 minutes.

Air Quality Health Index Rules – AQHI 7 or higher

- 10) When the Air Quality Health Index (AQHI) is **7 or higher**, all play is suspended automatically.
- 11) TUC Staff/leadership will always have the right to suspend play, for the league or specific games/teams.
- 12) If “Air Quality Health Index” scenarios apply, TUC Staff/Leadership will communicate with Captains/Coaches by 4:00 pm day-of, similar to rain/thunderstorm events. The TUC home page rain banner will not be updated if a couple games are moved, as officially all games 'are still ON'. In the case that all games across the City are cancelled, a banner will be posted on the TUC homepage indicating ALL games are cancelled.