



Manitoba Organization of Disc Sports

Title	MODS Severe Weather Policy
Owner	
Approval By	Board of Directors

Originally Approved: August 5, 2021	Last Reviewed:	Last Revised:
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1.0 Purpose

Safety is always the primary concern of the Manitoba Organization of Disc Sports (MODS) at any event that falls under its jurisdiction. This policy outlines the recommended safety precautions to be followed in instances of:

- i. Thunder and Lightning
- ii. Extreme Heat and Humidity
- iii. Air Quality

As the above severe weather conditions can result in serious consequences, MODS would like to remind its members to err on the side of caution when evaluating the risks presented by the weather at your game.

2.0 Policy/Protocol

MODS uses a three-tier colour system to indicate the status of games due to weather conditions. By 4pm every day, MODS will indicate the current status so that captains and coaches can communicate this to their teams. For school leagues, the Manitoba High School Athletic Association (MHSAA) and school division policies and/or decisions shall take precedence over the MODS Severe Weather Policy.

- **GREEN** indicates that games are to go ahead as scheduled. This does not guarantee that extreme weather will not impact the game, but that there is no reason to cancel all games and the Captains and Teams are responsible to make safe decisions given the weather at the game.
- **YELLOW** indicates that games may be cancelled due to potential extreme weather in the vicinity and field partners may close their facilities for the evening. Captains and Teams should be prepared to make safe decisions given the weather conditions at the game should the status remain at YELLOW.

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- **RED** indicates that games are cancelled due to extreme weather conditions and will be rescheduled on a later date.

If the status changes to YELLOW before 4pm, Captains are encouraged to continue checking the website, Twitter and Facebook for updates to see if the status of games changes to RED before game time.

2.1 Thunder and Lightning “WHEN THUNDER ROARS, GO INDOORS.”

From Environment Canada: if you can hear thunder, you can get hit by lightning. Immediately take shelter. A fully enclosed building with wiring and plumbing is the safest shelter, but a metal roofed vehicle is also a safe place to be. STAY AWAY from tall objects such as trees, poles, and fences. For play to resume, 30 minutes must pass after the LAST audible rumble of thunder. Remember, there is no safe place outdoors during a thunderstorm.

I. 2.2 Extreme Heat and Humidity

Environment Canada defines an extremely high Humidex reading as any value greater than 40. Environment Canada recommends that you reduce all unnecessary physical activity in these conditions. It is important to drink plenty of liquids and take frequent breaks, as the risk for heat stroke is substantially higher in these conditions.

Should the Humidex reading be greater than 40 at the scheduled game time, Captains and Teams are encouraged to postpone the start of the game until the Humidex reading has dropped below 40 to minimize the risk of heat stroke. If this is not expected to happen in a reasonable amount of time such that the game can be completed that evening, proceed with extreme caution and consider alternative measures to protect the players.

2.3 Air Quality

Athletes are in the “At Risk Population” when poor air quality conditions exist. Environment Canada has defined the Air Quality Health Index (AQHI) as a scale designed to help you understand what the quality of the air around you means to your health.

The higher the number, the greater the health risk and our need to take precautions. The diagram below describes the level of risk associated with each value on the scale.

In any situation, Captains and teams should consider stopping play if participants are experiencing symptoms such as coughing or throat irritation.

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1	2	3	4	5	6	7	8	9	10	+
Risk: Low (1-3)			Moderate (4-6)			High (7-10)			Very High (Above 10)	

[Retrieved from: https://publications.gc.ca/collections/collection_2014/ec/En88-8-2008-eng.pdf]

Health Risk	Air Quality Health Index	Health Messages	
		At Risk Population*	General Population
Low Risk	1 - 3	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.
Moderate Risk	4 - 6	Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.	No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High Risk	7 - 10	Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High Risk	Above 10	Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

[Retrieved from: https://publications.gc.ca/collections/collection_2014/ec/En88-8-2008-eng.pdf]

2.3.1 Conditions for Cancellation:

- i. MODS will use data found on the Environment Canada [AQHI](#) website for current air quality in Winnipeg for cancellation decisions.
- ii. If AQHI is between 4-6 at 4pm, captains may consider shortening the game or provide additional rest periods.
- iii. If the AQHI at 4pm is at 7 or above and the forecast for the evening is expected to stay high to very high, games shall be cancelled.
- iv. If the AQHI at 4pm is at 7 or above, but is forecast to reduce significantly, then games can proceed as planned, but captains shall have the final call at the field. Captains at the start of game time may use their discretion to cancel the game if the conditions are considered dangerous or if the air quality changes dramatically during the game.
- v. If AQHI is between 4-6 at 4pm, games will proceed with caution. Captains may consider shortening the game or provide additional rest periods. Should the AQHI reading increase to 7 or higher at the scheduled game time, Captains and Teams are encouraged to postpone/cancel the game.

3.0 References

Air Quality Monitoring Guidelines, (2016). Alberta Soccer Association. <https://albertasoccer.com/wp-content/uploads/2016/11/Alberta-Soccer-Air-Quality-Monitoring-Guidelines-November-2016.pdf>

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