

WEATHER

If inclement weather is forecasted or occurring the afternoon of the practice/game, the call will be made by **3:30pm and communication will come from your respective coaches via email.**

It will also be posted on the KRA's Facebook page.

Please note the U13 Competitive Team will make their own practice/game cancellation calls with respect to weather, and communicate with the players/parents/guardians.

See below for further guidance.

Rain

If it has been raining significantly throughout the day, the fields may not be fit to play on, and we don't want to risk injury or damage to the fields in poor conditions.

Thunder and Lightning

Forecasts are due to change as are the current conditions in the area. It will be the coaches' decision whether to cancel the practice/game prior to the scheduled event, and their responsibility to communicate with other coaches of other groups with activities that same evening.

When thunder roars go indoors!

If thunder and lightning is imminent while at the field during play, the following guidelines should be followed:

- If thunder is heard or lightning is seen, play shall **immediately** be abandoned; **get out of open fields.**
- The 30/30 rule shall be used on the field:
 - Take appropriate shelter when you count 30 seconds or fewer between lightning and thunder (e.g., vehicle with windows rolled up, low lying area, etc.).
 - Remain sheltered for 30 minutes after the last thunder.
- Play can only resume after 30 minutes have passed without thunder/lightning.
- Abandoning the practice/game will be at the discretion of the coach(es).

Safety Tips (from Softball Canada)

- Keep a safe distance from tall objects, such as trees, hilltops and telephone poles.
- Stay away from objects that conduct electricity, such as metal fences, bats, and bicycles.
- If you are in a group in the open, spread out, keeping people several metres apart.
- If caught in a field far from shelter and you feel your hair stand on end, crouch on the ground immediately, with feet together, placing your hands on your knees and bending forward. Do not lie flat.

Extreme Heat

Environment Canada's HUMIDEX will be used as criteria for a decision to cancel in the categories described in the following table.

Up to 30 degrees C	GREEN	Normal play
31 to 36 degrees C	YELLOW	Mandatory 5 min water breaks every 20 mins
37 to 40 degrees C	RED	No games played; no intense physical exertion; mandatory 5 min water breaks every 20 mins
41 + degrees C	BLACK	Suspend all play and practices

If cancellation is required, the coaches will contact parents/guardians via email to advise of cancellation, and a notice will be posted on the Facebook page.

Intense physical activities during periods of extreme heat, can cause serious health problems for players of all ages. All players should attempt to be well hydrated before all practices/games. There should be frequent water breaks provided during play. Additionally, players should continue to drink water every 20 minutes for an hour after every practice/game.