



Rain

We do NOT cancel for rain, even heavy rain, unless the municipality has closed fields. We do stop play and clear fields when there is a lightning strike, as per below.

Heat

Extreme heat days are a factor in planning for our season. To ensure the safety of our athletes and officials we have adopted the following policy:

Where the air temperature (including the Humidex/"Feels Like" temperature as measured by The Weather Network) is forecasted to reach the following thresholds by the event start time, the League/Club shall take the following actions four (4) hours prior to start of a game or one (1) hour prior to practice:

- At temperatures **32C or below**, all activities proceed as normal. Coaches should encourage their athletes to hydrate.
- At temperatures **between 32C and 38C**, club practices may proceed with regular and frequent water breaks. League games may proceed with the addition of one water break per quarter. At the discretion of the officials, half-time may be extended up to 10 minutes.
- At temperatures of **38C or higher** league games may be cancelled at the discretion of the OWFL Executive. If games are not cancelled, Officials may confer with Coaches before the start of the game in regards to providing additional water-breaks, or to consider shortening the time played if both coaches agree to do so.
- At temperatures of **38C or higher** club practices may be cancelled at the discretion of the Club Head. Club Heads are encouraged to reschedule/move indoors where possible and where practices are not cancelled to provide additional water breaks and consider shortening time played.

OWFL Club Heads will be informed of the decision to cancel (and reschedule) league games and confirmation will be posted to social media.

When extreme heat occurs during an OWFL Host Weekend and it is determined that play should stop, **stoppage of play will be indicated by 3 short blasts of the air horn by our Game Day staff.**

Water Breaks:

- 60 second water break, 30 seconds to get back onto the field (like a regular timeout).
- Taken near the middle of each quarter, ideally after a goal or a foul in the midfield. The timekeepers should inform officials when they are 1minute away from the middle of the quarter and then officials will implement as they deem appropriate.
- There is no coaching during water breaks, coaches to the centre scorekeeper's table, please!
 - Coaches may ensure that their athletes are consuming water during the water breaks.
- If a team requests a regular timeout around the middle of a quarter, that counts as the water break.
- Consecutive timeouts, including waterbreaks, are not permitted. Play must restart before a subsequent timeout may be called.
- At the discretion of the officials, halftime may be extended from 5 minutes to 10 minutes.

Air Quality Index

Air quality conditions by city in Ontario are tracked at airqualityontario.com.

Where the air quality is forecasted to rise above the provincial metric of 7 or greater by the event start time, OWFL play will be cancelled or suspended. The call will be made by the League/Club four (4) hours prior to start of a game or 1 hour prior to practice.

During an OWFL Host weekend, we will be treating poor air quality similar to other inclement weather delays by using 3 blasts of an air horn to indicate that play has been suspended.

OWFL Club Heads will be informed of the decision to cancel (and reschedule) games and confirmation will be posted to social media.

For questions, contact owfl.gameday@gmail.com.



OWFL Clubs make the decision to cancel/suspend House League and/or practices within their centre.

When poor air quality occurs during an OWFL Host Weekend, play stops. **Stoppage of play will be indicated by 3 short blasts of the air horn by our Game Day staff.**

Lightning Protocol

The OWFL follows the 30/30 rule.

- When **lightning** is observed, play stops and the time between the lightning and thunder is counted. **Stoppage of play will be indicated by 3 short blasts of the air horn by our Game Day staff** when you count 30 seconds or fewer between lightning and thunder. At this time, leave the field and take the appropriate shelter IMMEDIATELY. Under trees and tents are not considered appropriate shelters.
- Play will be suspended for 30 minutes. If during this period, another lightning strike occurs, the 30-minute delay restarts. Game Day staff will monitor and restart the count.
- Game play will resume 30 minutes after the last visible lightning flash, as dictated by the Game Day Staff or Host Convenor.

Questions may be directed to owfl.gameday@gmail.com.

Water Breaks

We know that the summers are hot and it is incredibly important to keep athletes well hydrated. It is highly recommended that athletes begin hydrating one to two hours before game time.

Two-minute breaks are offered between each quarter of each game. Halftime is 5-minutes. Coaches may use their timeouts if additional breaks are required. **Each team has two timeouts per game.** For more information about timeouts, please see the **Common Questions from Coaches** document available at owfl.org/officials.

The league would advise should temperatures reach a level that are deemed unsafe for play without further water breaks as per the policies above.