



North Mississauga Soccer Club Safe Environment and Severe Weather Policy

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Statement of Intent

North Mississauga Soccer Club is committed to creating and maintaining safe environment to all involved participants. The Club understands that it is extremely important that the soccer fields are in good condition, the grounds and facilities need to be appropriate and the equipment needs to be in good condition for the well-being and safety of the participants otherwise it will increase the risk of injuries.

It is extremely important to check and maintain the surface of the field to remove hazards, replace balls once their water-resistant qualities are lost, use appropriate sized balls for the age and gender of players and adhere to the Severe Weather Policy.

The Club understands that these items include not only policy but also procedure and it is very important to review these policies and procedures to improve. We are also dedicated to implementing any policy released by Ontario Soccer, and Canada soccer once it is completed.

Portable Goal Safety¹

1. For safety reasons goalposts of any size (including those which are portable and not installed permanently at a pitch or practice field) must always be anchored securely to the ground.
2. Portable goalposts must be secured by the use of chain anchors or appropriate anchor weights to prevent them from toppling forward. Under no circumstances children or adults should be allowed to climb, swing on, or play with the structures of the goalposts. Particular attention is drawn to the fact that if not properly assembled and secured, portable goalposts may topple over.
3. Portable goalposts should not be left in place after use. They should be dismantled and removed to a place of secure storage.
4. It is strongly recommended that nets should only be secured by plastic hooks or tape and not by metal cup hooks. Any metal cup hooks should if possible be removed and replaced. New goalposts should not be purchased if they include metal cup hooks which cannot be replaced.
5. Goalposts which are “home-made”, or which have been altered from their original size or construction should not be used. These have been the cause of a number of deaths and injuries.
6. Guidelines to prevent toppling: Follow manufacturer’s guide—lines in assembling goalposts. Before use, coaches should test the goals following the guidelines below:
 - a. Ensure each goal is anchored securely in its place
 - b. Exert a significant downward force on the cross bar
 - c. Exert a significant backward force on both upright posts
 - d. Exert a significant forward force on both upright posts

Blood²

An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the game until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition.

Jewelry³

Players are not permitted to wear anything that is dangerous to themselves or other players. NO jewelry: that includes rings, bracelets (except medical alert bracelets — which must be either made of Velcro or similar soft material, or covered with a sweatband), earrings, necklaces, other visible body piercing, etc. The practice of taping jewelry is not acceptable.

Headscarf and Turban⁴

At its meeting on October 2, 2012, the International Football Association Board (IFAB) approved the amendments Law 4 –The Players’ Equipment (“headscarf”). The decision of the IFAB regarding the use of

¹ Canada Soccer – Guide to Safety

² Canada Soccer – Guide to Safety

³ Canada Soccer – Guide to Safety

⁴ Canada Soccer – Guide to Safety

headscarves comes into effect immediately. IFAB Decision: As outlined in Law 4 of the FIFA Laws of the Game, where head covers (excluding goalkeepers' caps) are worn, they must:

- be black or the same main colour as the shirt (provided that the players of the same team wear the same colour)
- be in keeping with the professional appearance of the player's equipment
- not be attached to the shirt
- not be dangerous to the player wearing it or any other player (e.g. opening/closing mechanism around neck)
- not have any part(s) extending out from the surface (protruding elements)

Other headscarves are also permitted provided the above criteria are met.

Players Wearing Casts Policy⁵

1. A player may not use equipment or wear anything that is dangerous (to anyone).
2. Non-dangerous protective equipment is permitted as long as it has the sole purpose of protecting the individual physically, providing it poses no danger to the individual or any other player.
3. Modern protective equipment made of soft, lightweight, padded materials are not considered dangerous and are therefore permitted. Players wearing a soft cast will be permitted to play if the cast does not present a danger to the individual or any other player.
4. Hard casts are considered to pose a danger to both the wearer and other players and are not permitted to be worn.
5. The practice of padding a hard cast does not reduce the element of danger.
6. The referee or Supervisor of Officials (if one has been appointed to the match/tournament) will make the final decision as to the acceptability of any cast.
7. Any player who uses a cast with the intent to intimidate or injure an opponent shall be sent off.

Player Insulin Pump Policy⁶

This policy is designed to reduce inconsistencies in rulings over players with diabetes who wear an insulin pump. All referees are expected to follow these policies in all matches sanctioned by Canada Soccer.

An insulin pump is designed to ensure that the player maintains a proper blood glucose level during the game. An extended period without infusion of insulin may result in hyperglycemia (excess sugar in the blood).

Law 4 states that a player may not use equipment that is dangerous to him/herself or another player. This is further expanded upon in the interpretations of the Laws of the Game whereby it is advised that player may use equipment that has the sole purpose of protecting the individual physically providing that it poses no danger to the individual or any other player.

⁵ Canada Soccer – Guide to Safety

⁶ Canada Soccer – Guide to Safety

A player wearing an insulin pump because of a medical condition is permitted to play providing he/she has received written medical clearance and is able to provide the referee with a note indicating such. The pump itself must not present a danger to the individual or any other player.

Severe Weather Policy

In general, all games and practices go ahead rain or shine. The only exception is in the event of the following:

- 1) Imminent thunderstorms.
- 2) Unsafe field conditions.
- 3) Where use of field is judged to be likely to damage the playing surface.

The referee has the final say over delaying or restarting a match due to weather. Team practices/training sessions are under the control of the team officials present. The club's team official has the final say over delaying or cancelling a practice due to weather using their "best judgement".

Imminent Thunderstorms

- The safety of players, team officials and spectators is the primary concern in any weather event that occurs during all matches sanctioned by the North Mississauga Soccer Club.
- When lightening is detected, apply the 30/30 Rule.
 - When you see lightning, count the time until you hear thunder. If this time is thirty (30) seconds or less, seek proper shelter. Wait thirty (30) minutes or more after hearing the last thunder before leaving the shelter. If you cannot see the lightning, just hearing the thunder is a good back up rule.
- A safe location is a fully enclosed building with wiring and plumbing.
- Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning.
- If no sturdy building is close by, get into a metal-roofed vehicle and close all the windows.
- Do not handle electrical equipment, telephones or plumbing.
- If caught outdoors far from shelter, stay away from tall objects. This includes trees, poles, wires, and fences. Take shelter in a low-lying area but be on the alert for possible flooding.

First aid for lightning victims

- Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes.
- Lightning victims do not carry an electrical charge and can be safely handled.
- Victims may be suffering from burns or shock and should receive medical attention immediately.
- Call 9-1-1 or your local ambulance service.
- If breathing has stopped, administer cardio-pulmonary resuscitation (CPR). Use an automatic external defibrillator if one is available.

Unsafe Field Conditions

- Unsafe field conditions are generally the result of standing water on the pitch. Standing water can be present as a puddle within areas devoid of grass/vegetation or as perched or suspended water within a grassed/vegetative area.
- Either pose risks to players and referees as the footing may be prone to failure and ultimately result in falls and injury.

- When field conditions warrant, the NMSC officials (coaches, referees, staff) are expected to exercise their best judgement and close the use of that facility until such times as the conditions improve.

Extreme Heat

- During times of extreme heat or humidity, referees, in conjunction with the NMSC officials present are expected to include within the game time, extra time to be used to hydrate the players.
- Such time shall be subtracted from the available game time generally between the defined half-time break.
- NMSC officials are expected to communicate the need for players to bring additional water to the field during these extreme heat events.