Extreme Heat & Air Quality Policy

Effective June, 2025

In the event of extreme heat or poor air quality, Hamilton Ultimate Club (HUC) will implement the following temporary rule modifications to prioritize player health and safety.

This policy applies when any of the following conditions are met for the game location:

- Environment Canada issues a Heat Warning or Humidex Advisory
- The Air Quality Health Index (AQHI) is 4 or higher

Modified Game Play Rules

- **Quarter-Time Breaks**: Like the standard half-time at 8 points, teams will pause for additional short breaks when either team first reaches 4 and 12 points
  These breaks are intended for rest, hydration, and recovery.
- **Additional Timeouts**: Captains may mutually agree to allow extra timeouts as needed. *(Reminder: each team normally has two timeouts per half.)*
- **Heat/Air Quality-Related Substitutions**: Players may call "Sub" at any time due to heat or air-related discomfort. This functions like an injury stoppage:
  - Play stops immediately.
  - The player is substituted off.
  - Play resumes once the substitute has taken the same position on the field.
- **Delayed Start Option**: Captains may agree to delay the start time by up to 30 minutes to allow for more comfortable conditions.

- *Note: Game end times remain unchanged due to permit limitations.*
- It's recommended that captains communicate earlier in the day to give all players reasonable notice of any changes.

Optional Game Forfeit

Teams may choose to forfeit a game due to extreme heat or poor air quality without penalty, provided:

- The opposing captain and league convener are notified at least 2 hours before the scheduled start time.

Failure to provide sufficient notice may result in a loss of bond, as per standard league policy.

Player Safety Tips

- Bring plenty of fluids, and consider sharing extras with teammates.
- Take a full 10-minute halftime break, regardless of game flow.
- Seek shade during breaks, and consider bringing umbrellas, tents, or other portable cover.
- Players with asthma, respiratory issues, or heat sensitivity should take extra precautions and monitor symptoms carefully.
- Watch for signs of heat or air-related illness: dizziness, confusion, shortness of breath, or nausea.