

Weather-Ready Coaching



Extreme Heat and Humidity

Extreme heat raises the risk of heat exhaustion, heat stroke, dehydration, and long-term health complications. Sport participants are at higher risk during hard physical activity. Coaches should adjust training and competition plans during extreme heat and humidity to keep participants safe.

Understanding the weather helps coaches to spot risks, plan ahead, and act quickly to keep everyone safe.

Be Prepared



Check ahead

Before heading out, review the temperature and Humidex on the WeatherCAN app to understand heat risks.



Stay hydrated

Drink water before, during and after physical activity. Fruits and vegetables also help with hydration.



Choose your gear

Have participants wear loose-fitting, light-coloured, breathable clothing and wide-brimmed hats.



Have an emergency plan

Know the signs of sunburn, heat exhaustion and heat stroke and add steps to respond to your **Emergency Action Plan (EAP)**.

Monitor

The Humidex shows how hot it feels with humidity, helping coaches make informed decisions about outdoor activities and heat-related risks.

Humidex	Degree of Comfort	Action
20 - 29	Little discomfort	No action necessary.
30 - 39	Some discomfort	Limit or modify outdoor exercise depending on the age of your participants, individual physical limitations, the type of clothes you are wearing, and other weather conditions.
40 - 45	Great discomfort; avoid exertion	Reduce all unnecessary physical activity.
46 and over	Dangerous: possible heat stroke	Reduce all unnecessary physical activity.

Take Action

Modify



- Limit time in the direct sun and increase shade use wherever possible
- Modify the intensity of certain exercises or drills
- Add extra rest breaks and drink water often
- Reduce gear that traps heat
- Don't expect usual performance in hot weather and allow longer recovery times

Reschedule



Plan activities during cooler parts of the day. Delay or move indoors when the Humidex reaches 40+. Check your sport's code of safety for specific guidelines.

Observe



Watch for symptoms of **heat exhaustion** and move participants to a cool place and give them fluids right away.

Heat stroke is an emergency!

Call 911 immediately if you are caring for someone who has a high body temperature and is either confused, unconscious, or has stopped sweating.

This project was undertaken in partnership with the Government of Canada.

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Download the WeatherCAN app or visit Canada.ca/weather for local, up-to-date weather information in Canada.

