

Kelowna Minor Football Association (KMFA) Weather Policy

The safety of all players, coaches, officials, and spectators is the top priority of the Kelowna Minor Football Association. The following weather-related policies apply to **all KMFA teams, coaches, and event organizers**, and must be followed without exception.

Heat Policy

KMFA has separate guidelines for its **Tackle** and **Spring Flag** programs to reflect the differences in equipment and intensity.

Spring Flag Program

Up to 36°C

→ Practice as usual.

36.5°C to 39°C

→ Modified practice required:

- Frequent water breaks
- Shortened practice duration

Above 39°C

→ **All flag practices and events must be cancelled.**

Air Quality / Smoke Policy

Air Quality Health Index (AQHI) of 7 or higher

→ **All outdoor KMFA practices and events must be cancelled.**

- KMFA uses the **Environment Canada AQHI** as the standard.
- **Head coaches are responsible** for checking AQHI levels before any outdoor activity.
- Visit: Environment Canada AQHI

Lightning Policy

KMFA follows the **CARB Lightning Safety Guidelines**. Player and participant safety is always the top priority when lightning is present.

Lightning Safety Protocol

- Each team must have a **lightning action plan**.
 - Assign a **designated weather monitor** for each practice or game.
 - Monitor weather using Environment Canada, weather apps, or local radio.
 - Ensure access to a **cell phone** in case of emergencies.
 - Start monitoring weather **well in advance** of scheduled activities.
 - Be alert for **dark clouds** or changing weather conditions.
 - Lightning can strike from several kilometers away — don't wait until it's overhead.
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During a Thunderstorm

Use the “**30–30 Rule**”:

- If **30 seconds or less** elapse between seeing lightning and hearing thunder, **suspend all activities immediately**.
- Seek shelter in:
 - A **fully enclosed building**, or
 - A **fully enclosed vehicle** (avoid touching metal parts).

Avoid:

- Open fields or high ground
- Metal objects (goalposts, fences)
- Trees, poles, or water
- Grouping players closely together

If no shelter is available:

- Crouch low to the ground with feet together
- Hands on knees, head down
- **Do not lie flat**

Resume activities only 30 minutes after the last lightning flash or thunderclap.

! Practice Cancellation Protocol

- In cases where practice needs to be modified or cancelled due to **heat, air quality, or lightning**, head coaches are expected to first consult with one of the following for approval:

- **Director of Flag**
 - **KMFA President or Vice President**
 - Communication with families must be prompt once a decision is made.
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Parent Discretion & Player Health

KMFA recognizes that individual players may have unique health needs (e.g., **asthma**, **heat sensitivity**, or other medical conditions). **Parents always have the right to keep their child home** from practice or games if they feel the conditions are not safe or suitable for their child—even if activities are continuing under KMFA guidelines.



Responsibility and Enforcement

- **Head coaches and team managers** are responsible for:
 - Enforcing this policy
 - Communicating weather-related changes to players and families
- The **KMFA Executive** reserves the right to:
 - Cancel, modify, or delay practices and events due to weather conditions
 - Enforce or amend this policy in the interest of participant safety.