



**World Lacrosse Championship
Heat / Hydration - Policy Statement / Procedural Matters**

Policy Statement

World Lacrosse is concerned about the impact of heat and humidity during events and the impact this might have on the health and safety of players and officials.

Background / Procedure

To try and remove any subjectivity, advice has been sought with renowned experts on this subject to determine an appropriate policy to monitor the Wet Bulb Globe Temperature (WBGT). This is the most widely used and accepted index for the assessment of heat stress.

The WBGT combines three measurements to produce an index measurement. These include:

- Natural wet bulb temperature
- Globe temperature
- Air temperature

It is intended that measurements are taken each day before play commences, and continue through the day to monitor for any changes to the WBGT

A Wet Bulb Globe Thermometer (WBGT) measurement device will be used to determine for all measurements.

Policy Implementation

The following procedures will be used to implement the policy.

Level 1: WBGT < 80F (26.7C)

No specific action needed.

Encourage hydration before, during, and after activity

Encourage shade before and after activity (and during rest breaks when possible), do not utilize inside areas that are not air conditioned, these could be stifling due to lack of air flow.

Risk of exertional heat illnesses is not absent in these conditions but are reduced compared to more extreme environmental conditions



Level 2: WBGT 80-90F (26.7-32.2C)

Increase quarter breaks to **7 minutes** (including break before overtime)

Increase halftime to **15 minutes** (in shade or air conditioning)

Hydration to be available for all athletes and officials on the sidelines, and that is convenient, chilled, and cups/bottles are available

Strongly encourage shade before and after activity (and during rest breaks when possible), do not utilize inside areas that are not air conditioned, these could be stifling due to lack of air flow.

Closely monitor for signs and symptoms of exertional heat illness in players and officials

Monitor temperature to be sure it does not climb into Level 3

Level 3: WBGT > 90F (32.2C)

Strongly consider delaying completion of the game

If activity must occur, the following should be implemented:

- Increase quarter breaks to **7 minutes** (including break before overtime)
- Increase halftime break to **20 minutes**
- Institute **3-minute breaks in the middle of each quarter** (allow hydration during this time)

Closely monitor for signs and symptoms of exertional heat illness in players and officials

Practical Implementation

The CBO is responsible to administer the hydration breaks. In the absence of a CBO, the Head Referee shall implement the policy/procedure. Once a hydration break is required, then the CBO will blow their whistle to stop the play, provided that the team in possession does not have an immediate scoring opportunity. If the team in possession does have an immediate scoring opportunity, then the CBO will stop the play when the ball is dead, or when a team has possession of the ball.



Implementation Examples:

If the ball is dead when a hydration break is required, then the hydration break is taken immediately.

If a team is on a slow clear when a hydration break is required, then the hydration break is taken immediately.

If a team has possession of the ball on a settled play around its opponents' goal when a hydration break is required, then the hydration break is taken immediately.

If a team is on a fast break when a hydration break is required, then the attacking team is allowed to complete the play.

If a player is driving towards his opponents' goal when a hydration break is required, then the play is allowed to be completed. If the player takes a shot and the goalie saves the shot, then the whistle is blown immediately.

If the player takes a shot and the shot goes out-of-bounds behind the goal, then the whistle is blown immediately the ball goes out-of-bounds.

If the player takes a wide shot and the wide shot is picked up by a defender behind the goal, then the whistle is blown immediately.

If the player takes a wide shot and the wide shot is picked up by an attacking player behind the goal, then the attacking team is allowed to complete the play, subject to iii), above.

If the player takes a shot and the shot hits a pipe and an attacking player picks up the ball, then the attacking team is allowed to complete the play.

Examples of the timing of water-breaks, assuming that the medical staff have specified Level 3 and therefore no more than 10 minutes of play between the opportunity for participants to hydrate themselves the breaks, would be as follows:

Elapsed Time	Clock Time	Action	Hydration Break @ circa
5 minutes	15:00	Blue calls a time out	5 minutes on the game clock
8 minutes	12:00	Red Calls a time out	2 minutes on the game clock
12 minutes	8:00	TV Time Out	No break is required