



Volleyball Canada Beach Nationals

Extreme Heat Policy

During Volleyball Canada (VC) Beach Nationals an Extreme Heat policy may be activated based on the current weather conditions. In the event the humidex reaches or exceeds 40 degrees and Environment Canada indicates a humidex warning, teams will be permitted the following:

- Drink water while walking between side switches (without delaying the matches)
- One extra timeout per set per team
- Should a team play back to back matches, 5 minutes of extra time will be added between those matches.

-Environment Canada will be used as the official reporting mechanism for current weather conditions.

-Teams may only drink water as they switch sides, they may not stop on the sideline to drink water.

VC will notify all competing players via the following channels should the Extreme Heat Policy be activated:

- Announcement on event speakers
- Email to all registered participants
- Notification via VC Nationals social media channels (@VCNationals)
- Text notification to each team (this will only go to players who have signed up for the notifications during registration)
- Notification on the VC Beach Nationals website

Please note that the Extreme Heat Policy can only be activated by VC. If teams have not been notified via the above mentioned channels they will not be permitted to initiate the Extreme Heat Policy permissions.

All players and spectators are encouraged to drink plenty of fluids, bring extra fluids to all matches, and seek shade during breaks. Players may wish to bring umbrellas to provide additional shade when not able to seek shade from nearby.