



**Football
MANITOBA**

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Football Manitoba

Policy & Information Manual

MAJOR CORPORATE PARTNERS



PLATINUM **P** PROMOTIONS



Sport
MANITOBA

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Code of Conduct

Football Manitoba

Football is a great sport and all who participate - players, coaches, athletic therapists / sport-aiders, officials, administrators, families and spectators - contribute to its success by:

- Being fair and respectful
- Following the rules
- Practicing ethical and non-abusive treatment of all individuals
- Providing a safe and welcoming environment
- Supporting all efforts to remove verbal & physical abuse from football

We all benefit when we treat others as we wish to be treated. Remember, we learn best by example. Football Manitoba follows the Football Canada's Code of Ethics. (www.footballcanada.com)

Players

1. Play for fun & always be a good sport. Remember that winning isn't everything – making friends & doing your best are important
2. Work hard to learn the rules, improve your skills and work as part of the team. Attend practices and games.
3. Listen to coaches, managers and athletic therapists / sport-aiders - follow their direction in a positive manner. They are volunteers who love the game like you do.
4. Maintain personal self-control since you are responsible for the consequences of your decisions and actions.
5. Never verbally or physically harass or abuse coaches, athletic therapists / sport-aiders, managers, administrators, officials, opponents, spectators, or teammates. Be respectful of your opponents in victory and in defeat.
6. Accept an Official's on-field game judgment and decisions.
7. Respect your team's and your opponent's field, buildings and equipment.

Coaches, Athletic Therapists/Sport-aiders, Managers, Administrators

1. Winning is a consideration, but not the only one, nor the most important. There is more about football than winning the game. Remember, players are in football for fun and enjoyment.
2. Be reasonable when scheduling practice – players / families have other obligations. A player's opportunity for achieving academic success is more important than success on the football field.
3. Have realistic expectations – remember that players are not professional and cannot be judged by professional standards.
4. Be a positive role model to players, parents/guardians, officials and spectators – display emotional maturity, show consistency and ensure the physical safety of others. Be honest, sincere and honourable in your relationships with others. Maintain personal self-control since you are responsible for the consequences of your decisions and actions.
5. Know the rules of the game and follow them as well as the 'spirit' of the rules. Do not disregard the rules since they exist to keep the game fair for all participants.
6. Be consistent, honest & just and generous with your praise when it is deserved. Do not ridicule or criticize players publicly. Be an effective teacher and communicator.
7. Respect all individuals and never verbally or physically harass or abuse players, coaches, athletic therapists / sport-aiders, managers, administrators, officials, parents/guardians, or spectators.
8. Ensure that an injured player receives prompt and competent medical care.
9. Be considerate of the personal needs and problems of others. Be a good listener. Remember that events occur in the lives of others that make for good days and for bad days.
10. Be concerned with the overall development of all players – stress good habits on and off the field, give players the opportunity to improve their football skills, gain confidence, develop self-esteem and display good sportsmanship. Encourage players to be 'team players'.
11. Organize practices that are fun and challenging, as well as effectively teaching the rules, strategies and individual / positional techniques of football.
12. Obtain proper training including the Sport Manitoba 'Respect in Sport' Certificate and continue to upgrade skills.

Turn page over....

Officials

1. Know the rules and be consistent, objective and fair in calling all infractions. Realize that sometimes infractions will require explanation so that players and coaches understand the call.
2. Maintain a safe environment during the game by not allowing intimidation of any player by verbal or physical actions of another individual.
3. Do not tolerate unacceptable conduct towards officials, players, coaches or spectators.
4. Have realistic expectations - remember that players are not professional and cannot be judged by professional standards.
5. Be a positive role model to players, parents/guardians, officials and spectators – display emotional maturity and ensure the physical safety of others. Be honest, sincere, and honourable in relationships with others. Maintain personal self-control since you are responsible for the consequences of your decisions.
6. Respect all individuals and never verbally or physically harass or abuse coaches, athletic therapists / sport-aiders, managers, administrators, officials, parents/guardians, spectators or players.
7. Obtain proper training including the Sport Manitoba 'Respect in Sport' Certificate and continue to upgrade skills.

Parents / Guardians / Spectators

1. Players are involved in organized sports for their enjoyment. Make it fun - do not force your child to participate in sports, but support their desire to play their chosen sport.
 2. Teach your child that doing one's best is as important as winning, so that a player will never feel defeated by the outcome of a game. Offer praise for competing fairly and displaying a positive attitude.
 3. Enjoy the game. Cheer good plays of both teams. Be supportive after the game - win or lose. Recognize good effort and sportsmanship.
 4. Never ridicule or yell at others for making a mistake or losing the game. Profanity and rude gestures / comments are offensive.
 5. Teach your child to play by the rules and to resolve conflict without verbal or physical hostility.
 6. Respect all individuals and never verbally or physically harass or abuse coaches, athletic therapists / sport-aiders, managers, administrators, officials, opponents, spectators or players.
 7. Display a positive attitude toward the game and all of its participants. Maintain personal self-control since you are responsible for the consequences of your decisions. Don't embarrass your child by stating negative feelings towards others.
 8. When you talk with the coach – do so at the next practice. Do not approach the coaching staff immediately following a game to question the coaching decisions including play calls and player participation.
 9. Emphasize the importance of practices and how they benefit the player. On-going practice builds skill development, teamwork and increases knowledge of the game. Help the player attend team practices and games.
 10. Recognize the importance of the volunteer coaches, athletic therapists / sports-aiders and managers & administrators. Be willing to communicate with them and understand their viewpoints. They are important to the development of the players.
 11. Learn all you can about the game - it will enhance your enjoyment and will enable you to discuss the game with your player.
-

Remember.....

1. **Misplaced Enthusiasm and Guilt** – don't overemphasize the winning or losing.
2. **Expectations** – don't push the player to make up for your own limitations or to match your 'star' ability. Less than 1% of players will have a successful professional career in football. Don't let great expectations become a distraction or burden.
3. **Perspective** – don't lose sight of what is important to the player – having fun and being part of the team. Players do not mean to make mistakes.

FOOTBALL MANITOBA PRIVACY POLICY

Purpose of this Policy

1. Privacy of personal information is governed by the *Personal Information Protection and Electronics Documents Act* ("PIPEDA"). This policy describes the way that Football Manitoba collects, uses, retains, safeguards, discloses and disposes of personal information, and states Football Manitoba's commitment to collecting, using and disclosing personal information responsibly. This policy is based on the standards required by PIPEDA, and Football Manitoba's interpretation of these responsibilities.

Background

2. Our organization, Football Manitoba, is the governing body for the sport of football in Manitoba, and provides these services to members and the public:

Football Manitoba is the sport governing body whose purpose is to initiate, regulate, manage and communicate the programs, services and event that promote participation and excellence in amateur football in Manitoba.

Personal Information

3. Personal information is information about an identifiable individual. Personal information includes information that relates to their personal characteristics (e.g., gender, age, income, home address or phone number, ethnic background, family status), their health (e.g., health history, health conditions, health services received by them) or their activities and views (e.g., religion, politics, opinions expressed by an individual, an opinion or evaluation of an individual). Personal information, however, does not include business information (e.g., an individual's business address and telephone number), which is not protected by privacy legislation.

Accountability

4. Rob Berkowits is the Privacy Officer and is responsible for monitoring information collection and data security, and ensuring that all staff receive appropriate training on privacy issues and their responsibilities. The Privacy Officer also handles personal information access requests and complaints. The Privacy Officer may be contacted at the following address: 200 Main St. Winnipeg, MB R3C 4M2, or 925-5769.

Purpose

5. Personal information will only be collected by Football Manitoba to meet and maintain the highest standard of organizing and programming the sport of football. Football Manitoba collects personal information from prospective members, members, coaches, referees, participants, managers and volunteers for purposes that include, but are not limited to, the following:

- a) Name, address, phone number, cell phone number, fax number and e-mail address for the purpose of communicating about Football Manitoba's programs, events and activities.
 - b) NCCP number, education, resumes and experience for database entry at the Coaching Association of Canada to determine level of certification and coaching qualifications.
 - c) Credit card information for registration at conferences, travel administration, and purchasing equipment, coaching manuals and other products and resources.
 - d) Date of birth, athlete biography, and member club to determine eligibility, age group and appropriate level of play.
 - e) Banking information, social insurance number, criminal records check, resume, and beneficiaries for Football Manitoba's payroll, company insurance and health plan.
 - f) Criminal records check and related personal reference information for the purpose of implementing Football Manitoba's volunteer screening program.
 - g) Personal health information including provincial health card numbers, allergies, emergency contact and past medical history for use in the case of medical emergency.
 - h) Athlete information including height, weight, uniform size, shoe size, feedback from coaches and trainers, performance results for athlete registration forms, outfitting uniforms, media relations, and various components of athlete and team selection.
 - i) Athlete whereabouts information including sport/discipline, training times and venues, training camp dates and locations, travel plans, competition schedule, and disability, if applicable, for Canadian Centre for Ethics in Sport inquiries for the purposes of out-of-competition drug testing.
 - j) Body weight, mass and body fat index to monitor physical response to training and to maintain an appropriate weight for competition.
 - k) Marketing information including attitudinal and demographic data on individual members to determine membership demographic structure, and program wants and needs.
 - l) Passport numbers and Aeroplan/frequent flyer numbers for the purposes of arranging travel.
 - m) Name, address, phone number, cell phone number, fax number and e-mail address for the purpose of providing insurance coverage, managing insurance claims and conducting insurance investigations.
6. If a purpose has not been identified herein, Football Manitoba will seek consent from individuals when personal information is used for a purpose not already consented to. This consent will be documented as to when and how it was received.

Consent

- 7. Consent is required to be obtained by lawful means from individuals at the time of collection, prior to the use or disclosure of the personal information. If the consent to the collection, use or disclosure was not obtained upon receipt of the information, consent will be obtained prior to the use or disclosure of that information. Football Manitoba may collect personal information without consent where reasonable to do so and where permitted by law.
- 8. By providing personal information to Football Manitoba, individuals are consenting to the use of the information for the purposes identified in this policy.

9. Football Manitoba will not, as a condition of a product or service, require an individual to consent to the collection, use or disclosure of information beyond that required to fulfill the specified purpose.
10. An individual may withdraw consent to the collection, use or disclosure of personal information at any time, subject to legal or contractual restrictions, provided the individual gives one week's notice of such withdrawal to Football Manitoba. The Privacy Officer will advise the individual of the implications of such withdrawal.

Limiting Collection

11. All personal information will be collected fairly, by lawful means and for the purposes as specified in this policy. Football Manitoba will not use any form of deception to obtain personal information.

Limiting Use, Disclosure and Retention

12. Personal information will not be used or disclosed by Football Manitoba for purposes other than those for which it was collected as described herein, except with the consent of the individual or as required by law.
13. Personal information will be retained for certain periods of time in accordance with the following:
 - a) Registration data and athlete information will be retained for a period of three years after an individual has left a program of Football Manitoba, in the event that the individual chooses to return to the program;
 - b) Parental/family information will be retained for a period of three years after an individual has left a program of Football Manitoba, in the event that the individual chooses to return to the program;
 - c) Information collected by coaches will be retained for a period of three years after an individual has left a program of Football Manitoba, in the event that the individual chooses to return to the program.
 - d) Employee information will be retained for a period of seven years in accordance with Canada Customs and Revenue Agency requirements.
 - e) Personal health information will be immediately destroyed when an individual chooses to leave a program of Football Manitoba.
 - f) Marketing information will be immediately destroyed upon compilation and analysis of collected information.
 - g) As otherwise may be stipulated in federal or provincial legislation.
14. Personal information that is used to make a decision about an individual will be maintained for a minimum of one year of time to allow the individual access to the information after the decision has been made.
15. Football Manitoba may disclose personal information to a government authority that has asserted its lawful authority to obtain the information or where Football Manitoba has reasonable grounds to believe the information could be useful in the investigation of an unlawful activity, or to comply with a subpoena or warrant or an order made by the court or otherwise as permitted by applicable law.

16. Documents will be destroyed by way of shredding and electronic files will be deleted in their entirety. When hardware is discarded, Football Manitoba will ensure that the hard drive is physically destroyed.

Accuracy

17. Football Manitoba will use accurate and up-to-date information as is necessary for the purposes for which it is to be used, to minimize the possibility that inappropriate information may be used to make a decision about an individual.

Safeguards

18. Personal information is protected by security safeguards appropriate to the sensitivity of the information against loss or theft, unauthorized access, disclosure, copying, use or modification.
19. Methods of protection and safeguards include, but are not limited to, locked filing cabinets, restricted access to offices, security clearances, need-to-know access and technological measures including the use of passwords, encryption and firewalls.
20. The following steps will be taken to ensure security:
 - a) Paper information is either under supervision or secured in a locked or restricted area.
 - b) Electronic hardware is either under supervision or secured in a locked or restricted area at all times. In addition, passwords are used on computers.
 - c) Paper information is transmitted through sealed, addressed envelopes or in boxes by reputable courier/delivery companies.
 - d) Electronic information is transmitted either through a direct line or is encrypted.
 - e) Staff are trained to collect, use and disclose personal information only as necessary to fulfill their duties and in accordance with this policy.
 - f) External consultants and agencies with access to personal information will provide Football Manitoba with appropriate privacy assurances.

Openness

21. Football Manitoba will publicize information about its policies and practices relating to the management of personal information. This information is available through this policy, on Football Manitoba's web site or upon request by contacting the Privacy Officer.
22. The information available to the public includes:
 - a) The name or title, address and telephone number of Football Manitoba's Privacy Officer.
 - b) The forms that may be used to access personal information or change information.

- c) A description of the type of personal information held by Football Manitoba, including a general statement of its approved uses.

Individual Access

- 23. Upon written request, and with assistance from Football Manitoba, an individual may be informed of the existence, use and disclosure of his or her personal information and will be given access to that information. As well, an individual is entitled to be informed of the source of the personal information along with an account of third parties to whom the information has been disclosed.
- 24. Requested information will be disclosed to the individual within 30 days of receipt of the written request at no cost to the individual, or at nominal cost relating to photocopying expenses, unless there are reasonable grounds to extend the time limit.
- 25. If personal information is inaccurate or incomplete, it will be amended as required.
- 26. An individual may be denied access to his or her personal information if:
 - a) This information is prohibitively costly to provide;
 - b) The information contains references to other individuals;
 - c) The information cannot be disclosed for legal, security or commercial proprietary purposes;
 - d) The information is subject to solicitor-client or litigation privilege.
- 27. Upon refusal, Football Manitoba will inform the individual the reasons for the refusal and the associated provisions of PIPEDA.

Challenging Compliance

- 28. An individual may challenge Football Manitoba's compliance with this policy and PIPEDA, by submitting a challenge in writing.
- 29. Upon receipt of a written complaint, Football Manitoba will:
 - a) Record the date the complaint is received;
 - b) Notify the Privacy Officer who will serve in a neutral, unbiased capacity to resolve the complaint;
 - c) Acknowledge receipt of the complaint by way of telephone conversation and clarify the nature of the complaint within three days of receipt of the complaint;
 - d) Appoint an investigator using Football Manitoba personnel or an independent investigator, who will have the skills necessary to conduct a fair and impartial investigation, and who will have unfettered access to all files and personnel, within ten days of receipt of the complaint.
 - e) Upon completion of the investigation and within 25 days of receipt of the complaint, the investigator will submit a written report to Football Manitoba.
 - f) Notify the complainant of the outcome of the investigation and any relevant steps taken to rectify the complaint, including any amendments to policies and procedures, within 30 days of receipt of the complaint.
- 30. An individual may appeal a decision made by Football Manitoba under this Policy, in accordance with Football Manitoba's policies for appeals.



Emergency Action Plan (EAP)

An Emergency Action Plan (EAP) is a plan designed by coaches to assist them in responding to emergency situations. The idea behind having such a plan prepared in advance is that it will help you respond in a responsible and clear-headed way if an emergency occurs.

An EAP should be prepared for the facility or site where you normally hold practices and for any facility or site where you regularly host competitions. For away competitions, ask the host team or host facility for a copy of their EAP.

An EAP can be simple or elaborate but should cover the following items:

1. Designate in advance who is in charge in the event of an emergency (this may very well be you).
2. Have a cell phone with you and make sure the battery is fully charged. If this is not possible, find out exactly where a telephone that you can use is located. Have spare change in the event you need to use a pay phone.
3. Have emergency telephone numbers with you (facility manager, fire, police, and ambulance) as well as contact numbers (parents/guardians, next of kin, family doctor) for the participants.
4. Have on hand a medical profile for each participant, so that this information can be provided to emergency medical personnel. Include in this profile a signed consent from the parent/guardian to authorize medical treatment in an emergency.
5. Prepare directions to provide Emergency Medical Services (EMS) to enable them to reach the site as rapidly as possible. You may want to include information such as the closest major intersection, one-way streets, or major landmarks.
6. Have a first aid kit accessible and properly stocked at all times (all coaches are strongly encouraged to pursue first aid training).
7. Designate in advance a “call person” (the person who makes contact with medical authorities and otherwise assists the person in charge). Be sure that your call person can give emergency vehicles precise instructions to reach your facility or site.

When an injury occurs, an EAP should be activated immediately if the injured person:

- Is not breathing
- Does not have a pulse
- Is bleeding profusely
- Has impaired consciousness
- Has injured the back, neck or head
- Has a visible major trauma to a limb

Develop an Emergency Action Plan in consultation with a sport medicine expert and write it down so everyone involved is clear on his or her responsibilities. Keep this important record in your first-aid kit.

For more information concerning an Emergency Action Plan contact your local Football Provincial Sport Organization or Football Canada at admin@footballcanada.com



LIGHTNING POLICY

For the safety of the players, coaches, officials and spectators – a football game or practice shall be suspended and all individuals shall go inside a building when there is 30 seconds or less between the lightning and the thunder.

- If the lightning/thunder are present during a practice, the club/team representative shall direct players, coaches and spectators to leave the football field immediately and seek shelter inside a building.
- If the lightning/thunder are present during a game, the Head Official shall direct players, coaches, officials and spectators to leave the football field immediately and seek shelter inside a building.

All individuals shall remain in the building until at least 30 minutes have passed after the last thunder.

Play will be suspended for 30 minutes. If there is no improvement in the weather after the initial 30 minutes then the game will be called to stop. The outcome of any game stopped because of lightning is left up to the league to decide.

From Environment Canada (www.GetPrepared.ca)

To judge how close lightning is, count the seconds between the flash and the thunder clap. Each second represents about 300 metres. If you can count less than 30 seconds between the lightning strike and the thunder clap this means that the storm is 10 kilometers (or less) away and there is an 80% chance the next strike will happen within that 10 kilometre zone.

Note: Lightning may strike several kilometres away from the parent cloud and precautions should be taken even if the thunderstorm is not directly overhead.

Use the 30-30 rule

- Take appropriate shelter when you can count 30 seconds or less between lightning and thunder.
- Remain sheltered for 30 minutes after the last thunder.



Football Manitoba Eye Shield (Visor) Policy

Eye Shields (Visors) must be clear. Coloured or tinted eye shields (visors) are illegal unless medical certification is presented.

As a safety precaution players are not permitted to wear coloured or tinted eye shields (visors) unless it is for medical purposes. All eye shields (visors) must be clear, so that the attending medical staff can examine the athlete, should they become injured, without removing the helmet. Medical certification signed **only** by an **ophthalmologist**, dated in the current year, on official letterhead and with the reason why the eye shield (visor) is required must be present at all practices and games.

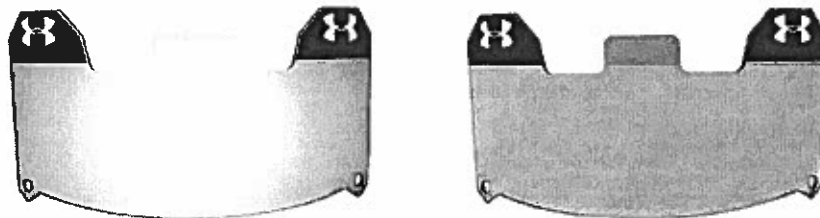
The reason for this policy is that it is difficult to assess a player's eyes in the case of a possible head or neck injury. A tinted eye shield (visor) would need to be removed thus endangering the player further.

Note: Medical Certification must come from an ophthalmologist; certification from any other medical professional will not be accepted.

Clear Visor (**Legal**)



Tinted Visor or Coloured Visor (**illegal** unless medical certification is presented)





Heat and Humidity as Risk Factors

THE CHALLENGES OF EXERCISING IN THE HEAT:

Key Points

- During exercise, the muscles produce heat. This heat must be dissipated, otherwise the body runs the risk of “overheating.” Overheating can result in serious, potentially life-threatening injuries.
- Sweating is one of the heat-dissipating mechanisms of the body. When sweat evaporates, it cools off the body. Evaporation of sweat works best when the air is dry. In moist, damp air, sweat cannot evaporate easily and cooling off is more difficult.
- High temperatures and high relative humidity make it hard for the body to dissipate heat; heavy sweating occurs, but the water lost does not help to cool off the body. Under these conditions, participants run the risk of overheating.
- Water lost as a result of heavy sweating can lead to dehydration. Dehydration can reduce performance, decrease the body’s ability to dissipate heat, and endanger health.
- During exercise in the heat, adequate hydration is a must. Participants must drink water whenever the risk of dehydration is present.
- Thirst is not a good indicator of a need for water. In fact, dehydration has already started if a participant feels thirsty.
- During most exercise conditions, the rate at which participants lose water exceeds the rate at which they can absorb it by drinking. This is accentuated during exercise in a hot environment. Therefore, participants need to drink fluids before they are thirsty.
- Children run a higher risk of overheating when exercising in the heat, because their sweating mechanism is not fully developed. In addition, children tend to not drink enough during exercise, in particular if the beverage is not flavoured.

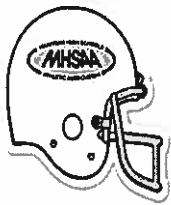
If the humidex is above 30°C, in particular if it exceeds 35°C,

- Tell participants to bring extra water or sport drinks; ensure there will be access to water during the practice or the competition, and bring a big jug of fluids.
- Tell participants to dress in loosely fitting, lightweight, and light-coloured clothes.
- Plan for low-intensity activities.
- Plan for shorter work bouts, with frequent and longer pauses.
- Schedule practices early in the morning or during the evening; avoid the hours between 9 a.m. and 6 p.m.
- Consider changing the location of the practice to a shaded area
- ask participants to bring umbrellas to create shade during breaks.
- Consider exercising indoors, in a facility with air conditioning.

Other Safety Measures to Avoid Heat Injuries

- Plan for participants to have enough time to get used to the environment they will face in competition. Insisting on heat acclimatization may mean not entering competitions if participants cannot train in a similar climate for approximately two weeks beforehand.
- In order to protect participants (in particular young children) against the potentially harmful effects of ultra violet (UV) rays, the following is recommended: they should wear a hat or a cap with a visor; clothes should cover the upper part of the body, the neck, the arms and the legs; sun screen lotion (protection factor of 30 or more) should be applied on the exposed skin, including the face and the hands. Participants should not expose their body to the sun without effective protection when the UV index is high.
- Before exercise, participants should drink 400 to 600 mL of fluid.
- During exercise, participants should drink 150 to 250 mL of fluid every 15 minutes. Remind participants to drink, lead by example, and never restrict them from drinking during a practice or a competition.
- After exercise, participants should rehydrate by drinking as much fluid as thirst dictates, and even force themselves to drink.
- Beverages should be cool (8 to 10°C and not too sweet; children prefer flavoured sport drinks and these promote drinking.
- Tell the participants to bring a personal water bottle with cold fluids to each practice or competition; inform their parents about the importance of hydration; make sure each bottle is clean and well identified.
- Tell the participants to monitor their hydration level by checking their urine. If it is dark, there is not much of it, and it has a strong smell, the participants are most likely dehydrated and should force themselves to drink.

NB: Particular attention should be paid to these measures during the first few hot days of spring or summer, when participants are not yet acclimatized to hot and humid weather.



WATER MANAGEMENT FOR FOOTBALL PLAYERS

INTRODUCTION

Fluid composes 63% of an average sized man and has a variety of functions including: the ability to allow heat loss resulting in the “cool down” we all feel, it’s to solvate ionic compounds/salts (i.e. sodium and potassium), transport nutrients, gases, and wastes, generation of electrical signals for body functions, among others. During the course of a regular day (w/o training or competition) people can lose approx. 1.3 litres (depending on size and daily activity) through breathing, washroom visits and sweat. Water management problems are often as a result of excess hydration (hyponatremia) or dehydration

DEHYDRATION

Dehydration occurs when the amount of fluid “lost” (via sweat, breathing, urinating, etc) is **greater** than the fluid “gained” (via drinking, eating, metabolic processes, etc). Below are the signs and symptoms often associated with the varying degrees of dehydration an athlete may encounter.

Moderate/Minor symptoms of Dehydration	
Dry, Sticky Mouth	Headache
Lethargy or Tiredness	Dizziness/Light-headedness
Thirst	Decreased Urine Production
Darker Coloured Urine	Few/No Tears
Muscle Weakness	

Severe Symptoms of Dehydration	
Extreme Thirst	Very Little urine production
Irritability/Confusion	Very Dark Urine colour
Very dry mouth and skin	Sunken Eyes
Little/No Sweating	Shrivelled/Dry Skin
Low Blood Pressure	Rapid Heart Beat
Fever	Delirium/Unconsciousness

TIPS TO AVOID DEHYDRATION

Not surprisingly, dehydration can be avoided by simply **DRINKING FLUIDS**, gradually getting used to the environmental surroundings of the practice/competition is essential to reduce the likelihood of dehydration, this process is called **ACCLIMATIZATION OR ACCLIMATION**. Finally, Avoid anti-inflammatories such as aspirin, ibuprofen, and acetaminophen because they interfere with the kidneys ability to filter water/salt,

Observed Benefits of Heat Acclimatization	
Body Thermoregulation	Exercise Performance
Core Temperature reduced	Overall Heart Rate lowered
Sweating happened earlier and greater	Thirst improved
Blood flow to skin happens easier and faster	Overall salt loss via sweat & urine improved
Overall heat production decreases	Organ protection improved

HYPONATREMIA

Sodium is a very important mineral in the human body, which is usually found in between 136-145 mEq/L. Hyponatremia (sodium levels fall to below 135 mEq/L) is often associated with excess exercise and/or the consumption of too much fluid (without salt) too quickly. Similar to dehydration, avoidance of hyponatremia can be accomplished by making sure that the fluid intake does not exceed the fluid lost and consuming salt with these beverages.

SYMPTOMS OF HYPONATREMIA	
Nausea/Vomiting	Headaches
Confusion	Lethargy
Fatigue	Appetite Loss
Restless/Irritable	Muscle Weakness/Cramps
Seizures	Coma

THE FOOTBALL PLAYER

DYNAMIC

Compared with soccer or rugby players, participants of individual sports like running or cycling, footballers players tend to be larger, not as aerobically fit, and have a higher percentage body fat. These factors contribute to the much larger body surface area in footballers compared to other athletes and it is thus reasonable to expect that they would have a greater number of sweat glands and therefore may be capable of sweating at higher rates than their smaller counterparts. This is especially true for a lineman who may weigh 118–145 kg (260 – 320 lbs) compared to, for example, a cross country runner who may weigh 65–75 kg (145-165 lbs). These factors, along with exercising in heavy clothing and/or equipment may disadvantage the football player when it comes to thermoregulation and adequate fluid replacement a great deal more than the runner!

To give you some more numbers, a football player will not surprisingly have a much greater daily sweat loss (~8.8 litres/day) than, for example, a cross country runner (~3.5 L/d) training in the same hot environmental for the same duration. When comparing football players with other team sports, we see sweat rates during practice sessions and competitions were 0.985 and 1.209 litres/h for soccer, and 1.371 and 1.601 litres/h for basketball players and a whopping 2.14 L/hour resulting in the average net loss of 1.7 kg (3.75 lbs) per day not to mention the challenge to maintain adequate fluid and electrolyte intake during preseason two a day practices on consecutive days!

STRATEGIES TO IMPLEMENT TO REDUCE DEHYDRATION AND HYPONATREMIA

FOOTBALL PLAYER HYDRATION SUGGESTIONS	
2 HOURS prior practice/game	DRINK 2 CUPS (16 oz) OF COOL FLUID
15-20 MINUTES prior game/practice	DRINK 1-2 CUPS (8-16 oz) FLUID
Exercise lasting less than 60 MINUTES	DRINK 1-1.5 CUPS (8-12 oz) EVERY 15-20 MINUTES and small sips throughout the 15-20 minutes intervals
Exercise lasting more than 60 MINUTES	DRINK 1-1.5 CUPS (8-12 oz) EVERY 15-20 MINUTES WITH 4-8% carbohydrates and 0.5 -0.7 G of sodium/L (i.e. sport drinks) and small sips throughout the 15-20 minutes intervals
AFTER	DRINK COOL WATER WITH IMMEDIATE POST EXERCISE MEAL/SNACK. DRINK SPORTS DRINK OR CARB AND SODIUM CONTAINING DRINK. DRINK BEVERAGE WITH SMALL AMOUNT OF PROTEIN (4-8g) IF UNABLE TO EAT SNACK WITH DRINK (SOME EXAMPLES, INCLUDE CHOCOLATE MILK, ETC).
DAILY	CARRY WATER BOTTLE WITH YOU AT ALL TIMES LOOK FOR PALE COLOURED URINE TO INDICATE PROPER HYDRATION DRINK BEFORE, DURING, AND AFTER EXERCISE EAT LOTS OF FRUITS AND VEGETABLES REPLACE SODIUM LOST THROUGH SWEATING WITH SALTY FOOD (EX. PRETZELS) OR SPORTS DRINKS WITH SALT
NOTES: WEIGH YOURSELF BEFORE AND AFTER EXERCISING, SUBTRACT THE PRE EXERCISE WEIGHT FROM THE POST EXERCISE WEIGHT AND FOR EVERY POUND LOST, DRINK 3 CUPS OF COOL FLUID	

TIPS: COACHES, ITS IS NOT A SIGN OF WEAKNESS IF YOUR ATHLETES NEED WATER SO SCHEDULE WATER BREAKS ACCORDINGLY (I.E. IF YOU HAVE 2 A DAYS IN HOT AND HUMID CONDITIONS, INCREASE THE FREQUENCY OF WATER BREAKS). PLAYERS, IT IS NOT A SIGN OF WEAKNESS TO THE COACH, TEAMMATES OR OPPONENTS IF YOU NEED A WATER BREAK SO DO NOT HESITATE TO ASK FOR ONE



SPORT MEDICINE

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Cold as a Risk Factor

THE CHALLENGES OF EXERCISING IN THE COLD:

Key Points

- The colder the environment, the faster a participant's body temperature will decrease.
- During exercise in a cold environment, the skin can become wet as a result of sweating, or exposure to rain or snow. A wet skin surface cools the body faster than when it is dry.
- The wind magnifies the perception of cold, and increases the rate at which the body loses heat. This effect can be further amplified if the skin is wet.
- In cold weather, high humidity makes the temperature feel colder than air temperature indicates it is.
- Cold, dry air makes it difficult to breathe for some individuals with asthma, although it is generally easier to tolerate the cold when the air is dry.
- Skin can freeze when exposed to very cold temperatures, and when this happens circulation slows. Tissue can be damaged if frostbite is prolonged and extensive. Extremities (e.g. toes, fingers, nose, ears) are particularly at risk in cold temperatures, because the body shunts blood flow to central organs and tissues to maintain the body's core temperature.
- In severe cold, brain function can slow down, and so risk of further injury in prolonged exposure increases.
- Children get cold much faster than adults, and their skin is more prone to freeze. People with less body fat usually have less tolerance for cold than those with more body fat.
- Muscles and other soft tissues that are cold are more susceptible to injuries such as pulls and tears, in particular if the efforts produced are sudden and intense.

- In very dry cold environments, water vapour lost through breathing and evaporation of sweat from exposed surfaces may lead to dehydration.
- Wearing appropriate clothing can be a challenge when exercising in the cold. Clothes must protect against the cold, but at the same time they must not impair the body's ability to get rid of the heat produced during exercise. Heavy clothing can be cumbersome and interfere with movement; it can also increase air resistance in some sports where speed is critical. On the other hand, the thin clothing used in many sports often offers little protection from the cold and the wind.
- The type of fabric worn can either wick water from the body surface (i.e. synthetics such as polypropylene or Gore-Tex ®) which results in less risk of heat loss, or trap it there (i.e. cotton or nylon) which results in greater risk of heat loss.

Safety Measures to Avoid Cold Injuries

- Ensure participants wear sufficient clothing for the conditions, and layer clothing as follows:

Layer closest to skin: Polypropylene, close fitting (wicking effect)

Second layer: Fleece or wool, slight room between first layer and second layer for "trapped air" effect

Third layer: Wind-breaking, water repellent, breathable

- When it is very cold, ensure exposed surfaces are kept to a minimum.
- Once the body has warmed up, and if the temperature is not too cold, consider removal of the second layer of clothes during exercise to avoid excessive sweating. Have participants add a layer or use blankets to keep warm during breaks or pauses.
- Apply antiperspirant on feet before exercising to lessen sweating of the feet (which is usually followed by cooling of the feet). Doing the same on the palm of the hands may reduce the feeling of cold for people who tend to sweat a lot in their gloves or mitts.
- Ensure participants hydrate when they exercise in the cold.
- Bring children inside when they say they are cold; it is not worth the risk to prolong exercise and have them suffer from frostbite. Once a person suffers serious frostbite, the risk of subsequent frostbites to the same area may be increased.
- Never send participants out into the cold alone or without means of communicating with you and/or an emergency centre; avoid prolonged activities in which participants are in isolated areas and run the risk of becoming exhausted.

- When the weather is very cold and participants must train outdoors, hold your practices between 11 a.m. and 2 p.m. as these tend to be the warmest hours of the day. Be aware that temperature drops quickly when the sun sets.
- Inform participants and their parents to consider the combined effect of cold and wind (i.e. the wind chill factor) when making decisions about how to dress rather than simply looking at the thermometer. Do the same when you make coaching decisions about the choice and the scheduling of activities.
- If possible, choose areas that are protected from the wind; avoid activities in open areas.
- Ensure protective eyewear is worn to prevent snow reflection from damaging eyes, and protect from the cold and the wind.
- Have participants or their parents bring a change of clothing,
- Have participants or their parents bring a change of clothing, especially socks and underwear. Try to find a warm and protected spot to change.
- Inform participants and parents that a hat should be worn at all times; over 30% of body heat may be lost through the head. Ensure ears are covered to avoid frostbite.
- Allow additional time for warming up for training and competition; it takes longer to get the body warmed up and ready for sport in cold weather than it does in warm weather.



Footwear Rules:

For athletes age 7-14: Cleats – minimum of seven cleats, must be rubber or plastic, no screw-in or metal cleats will be allowed.

(MMFA By-Law 5.02)

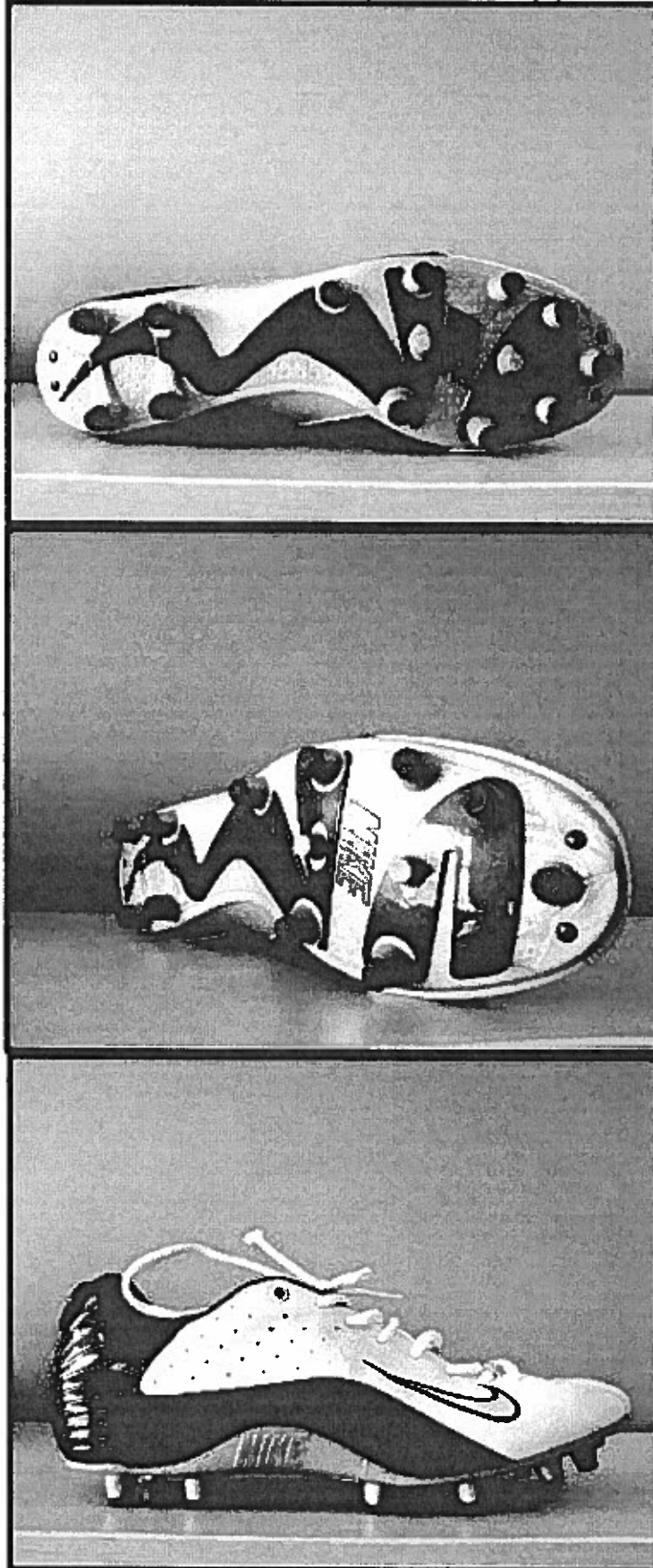
For athletes age 15 and up: For all playing surfaces, a cleated shoe with the following specifications will be accepted. Turf or running shoes are also acceptable.

1. Minimum of seven cleats per sole, with a minimum cleat tip diameter of 3/16 inch (4.8 mm)
2. Additional cleats may be of lesser tip diameter, provided the maximum length is ½ inch.
3. Maximum cleat length of ½ inch (12.7mm)
4. A cleat made of metal or with a metal tip is illegal.
5. Illegal cleats include those made of metal, or with a metal tip, or made of any material that burrs, chips or fractures.

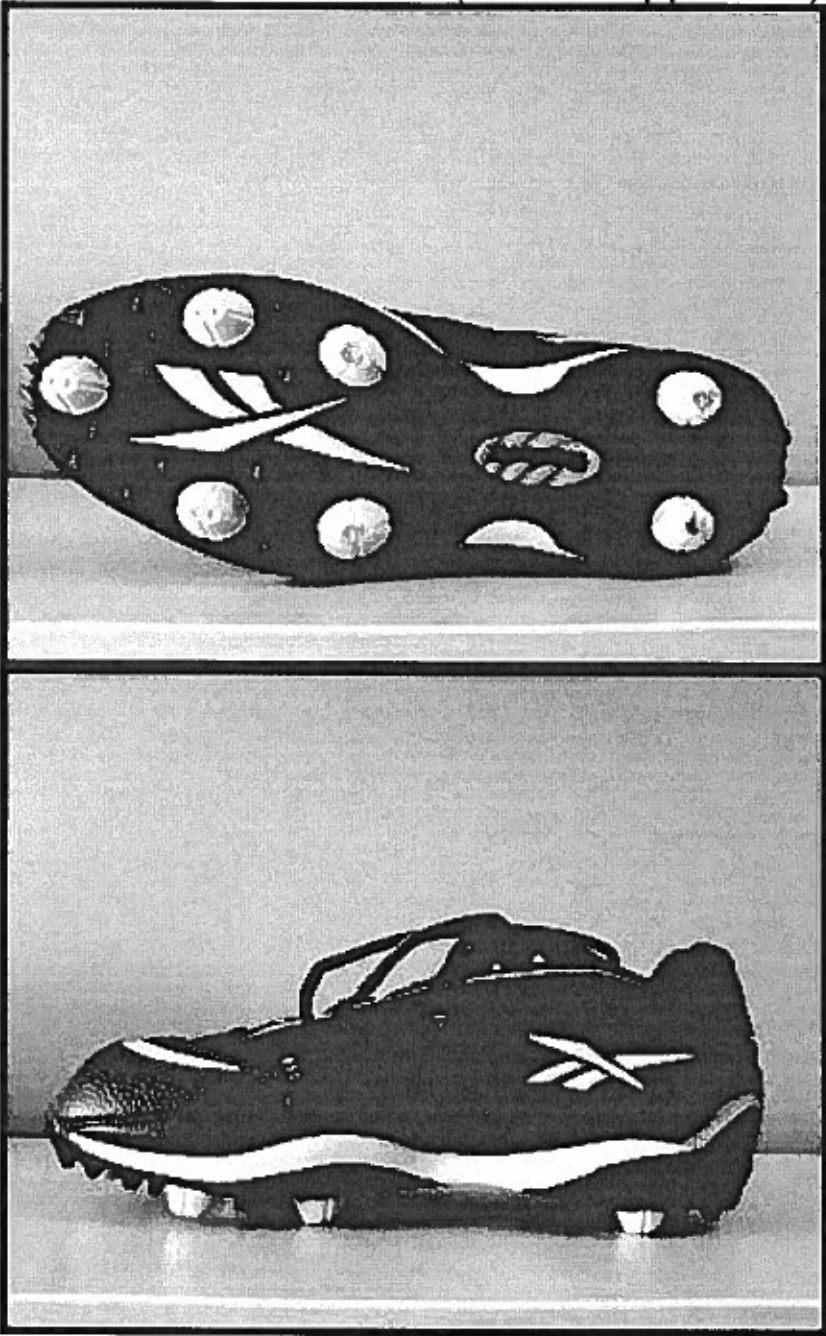
(Canadian Rule Book for Tackle Football)

(See Example Pictures Below)

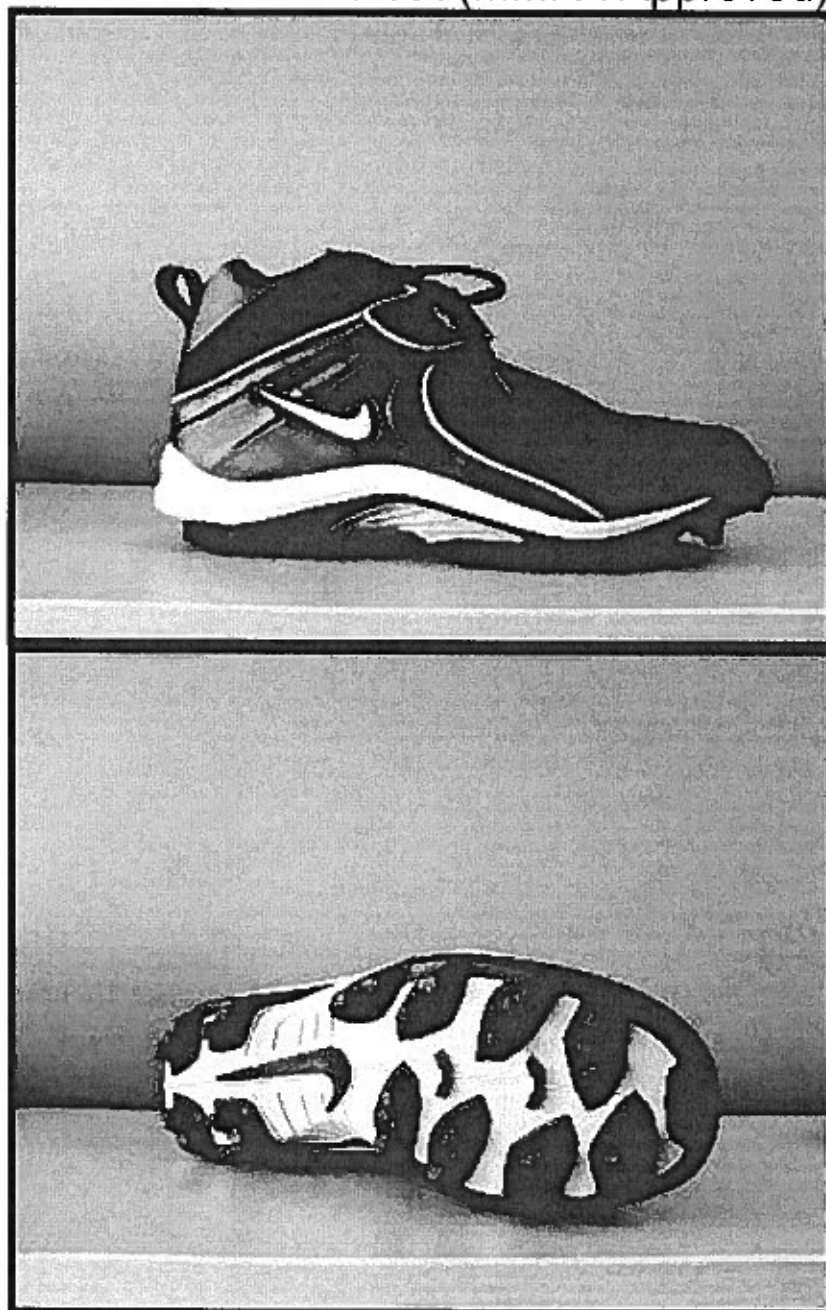
Molded Plastic Cleat (MMFA Approved)



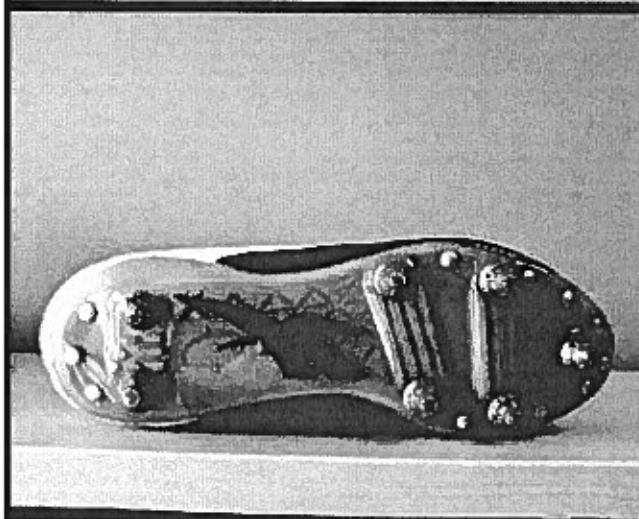
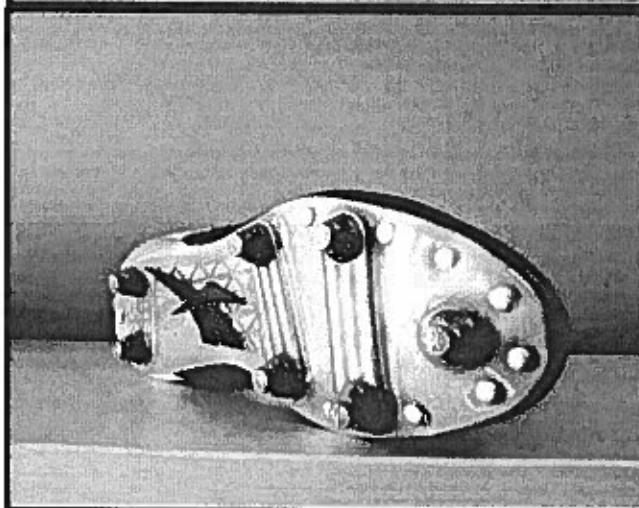
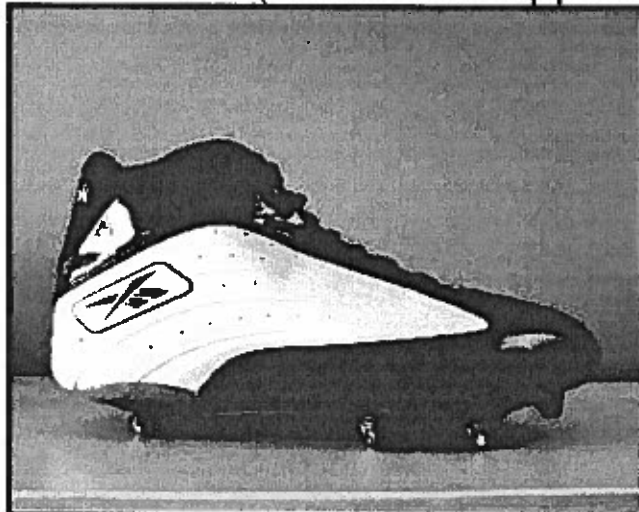
Molded Rubber Cleat (MMFA Approved)



Molded Rubber Cleat (MMFA Approved)



Screw-in Cleat (Not MMFA Approved)





Legal Numbering:

Legal numbers are from 1 to 99 inclusive**. All players shall be identified by the following approved numbering system:

- Eligible Pass Receivers – 1 to 39, 70 to 99
- Ineligible Pass Receivers – 40 to 69

On any given play from scrimmage, any number of positions may be occupied by inappropriately numbered players who have reported to the Referee as eligible or ineligible receivers.

**The Midget and Major league do allow jersey numbers 0 and 00