

The safety and health of athletes and coaches are of paramount importance; therefore, each volunteer should follow the following guidelines while conducting programs, events, or competitions for Special Olympics Prince Edward Island.

Incident Weather:

Programs may be cancelled when temperatures exceed the following when there is no accommodation available to address the increased safety risk(s):

- Indoor Activities:
 - Outdoor temperature is below -35 °C (including wind-chill)
 - Other weather-related considerations include visibility, rainfall, and wind strength
- Outdoor Activities:
 - Considerations should be given to level of excursion and modifications made when:
 - Outdoor temperature is below -25 °C (including wind-chill) or above +35 °C (including heat index)
 - Heat Stress must be controlled with a humidex over 35 °C.
 - All programs must cease over a humidex of 40 °C or windchill below -30 °C
 - Humidex Range Degree of Comfort:
 - 20 - 29 °C comfortable.
 - 30 - 39 °C some discomfort.
 - 40 - 45 °C great discomfort; avoid exertion .
 - above 45 °C dangerous.
 - above 54 °C heat stroke imminent.

Notification to athletes and volunteers must be confirmed. Failure to contact all parties requires attendance at the start of program by head coach or designate.

The temperatures listed are to be used as a guideline and not an absolute. Depending on road and other weather factors a program is always within their right to cancel a program if they believe athlete safety is compromised.

When the decision has been made to cancel a program, that decision must be communicated to all members of the sport. Each program should have in place a process to communicate these decisions. Examples: some programs that run through the week during the school year go by English Language School Board Cancellations, others may communicate through email or organized phone trees.

Allergies:

Some of our athletes, coaches, volunteers, and staff may have allergic reactions that range from minor to life threatening.

In the event that a severe allergy is identified for an athlete, coach, volunteer, or staff, Special Olympics Prince Edward Island will endorse the ban of the allergen from a program, competition, or other sanctioned event in order to protect the health and safety of those persons affected.

The decision to ban an allergen is at the discretion of the program leader or organizing group in consultation with the Provincial Office.

Additional Program Practices:

1. In Compliance with the Pan Canadian Athlete Protection Policy
2. Athletes with positive Atlanto-axial Dislocation, seizures, and/or other medical/behavioral notes should be known to program volunteers and given proper supervision.
3. Carry a first aid kit with you and be aware of where the nearest first aid kit is located.
4. Ensure that an accessible phone is available in your program facility.
5. Check the facility/area and equipment for any safety concerns. Ensure there is access to water. Any concerns must be communicated to the Program Director immediately.
6. When travelling for competition, know the medications. Coaches are responsible for administering
7. Do not hesitate to call 911 if there is any doubt of a medical emergency
8. Coaches and athletes should be prepared with an emergency action plan in the event an emergency occurs
9. Document all incidents (*see policy 5000-04*) involving athletes and volunteers
10. Where possible, request that any monies be given directly to the Provincial Office.