

## **APPLICABLE TO ALL COMPETITIONS AND EVENTS, ASSOCIATION FOOTBALL AND FUTSAL (including Football NSW National Premier Leagues and State Leagues matches)**

With higher temperatures now occurring more frequently, consideration must be given to the effects of heat and humidity on elite and amateur athletes and particularly children involved in football activities.

Football NSW has considered several factors in the development of this policy including the ongoing popularity of summer football and an increase in the temperatures leading into the winter season. The following is provided in accordance with information provided by Sports Medicine Australia (SMA). That information is referred to below under "References and Links" and should be read in conjunction with this policy.

During summer and warmer months, clubs and competition organisers are required to:

- Refer to the SMA Hot Weather Guidelines
- Provide a copy of the SMA Beat the Heat Fact Sheet to players, parents and team officials

- Provide information in relation to sun safety
- Schedule games and training for cooler parts of the day or evening
- Check weather forecasts the day before and closely monitor local weather conditions
- Whenever available, use a weather gauge, Wet Bulb Globe Thermometer (WBGT) or Heat Stress Meter to monitor player conditions
- Ensure regular hydration (water/fluid intake) by players, officials and other participants
- Monitor the wellbeing of players, officials, volunteers and staff
- Increase breaks during games and training to allow rest in shade and fluid intake - referees should consider allowing at least a 2 minute drinks break in each half when ambient temperatures exceed 32°C.

## **RECOMMENDED TEMPERATURES FOR CANCELLATION OF GAMES & TRAINING**

and other events including trial games, selection trials, clinics or any physical activities

### **ADULTS**

Cancel or postpone events involving Adults at ambient temperatures of 37°C or above

### **CHILDREN**

Cancel or postpone events involving Children at ambient temperatures of 32°C or above

**CAUTION:** These are the maximum cancellation temperatures. Cancellation of games, training or events at lower temperatures may be necessary depending on factors such as: humidity; local conditions including radiant heat from synthetic surfaces and lack of ventilation at indoor centres; player wellbeing; and player acclimatisation. For the purpose of this policy a child is a person aged up to and including 16 years of age. Note that young children are especially at risk in the heat and should not be forced to continue playing or training if they appear distressed or complain about feeling unwell.

## **REFERENCES & LINKS**

- [www.bom.gov.au](http://www.bom.gov.au) - Bureau of Meteorology website for all weather forecasts & information
- [SMA Hot Weather Guidelines](#), [Beat the Heat Fact Sheet](#), [Heat Stress Index](#)
- [SMA UV Exposure & Heat Illness Guide](#)
- [Sun Smart Resources](#)

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**For more information visit [www.footballnsw.com.au](http://www.footballnsw.com.au) or contact your club or association.**