

# CIRCULAR

Dated: 19 November 2009



09/13

## HOT WEATHER POLICY

**Applicable to all Football NSW competitions and events, Association football and Futsal but excluding the Football NSW Premier League competition where a separate policy applies**

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.

In response, Football NSW has considered several factors including the increased popularity of summer football and an increase in events held in warmer months. The following is therefore recommended in accordance with duty of care and information as issued by Sports Medicine Australia.

### RECOMMENDED TEMPERATURES

**For cancellation or postponement of events including games, training or physical activities**

#### ADULTS

Postponement or cancellation is recommended for events involving **Adults** at a temperature of **37°**

#### CHILDREN

Postponement or cancellation is recommended for events involving **Children** at a temperature of **32°**

*Cancellations or postponements at the recommended temperatures should be applied in consideration of local conditions*

During summer and warmer months it is recommended that clubs and competition organizers:

- Refer to the *SMA Hot Weather Guidelines* and use the *SMA Guidelines Checklist*
- Provide a copy of the *Beat the Heat Fact Sheet* to players, parents and team officials.
- Schedule games and training for cooler parts of the day or evening.
- Closely monitor weather forecasts and local weather conditions.
- Use a weather gauge, WBGT or Heat Stress Meter to monitor conditions.
- Ensure regular hydration (fluid intake) by players, officials and other participants.
- Monitor the wellbeing of players during training and games.
- Increase breaks during games and training to allow rest in shade, fluid intake, player evaluation and monitoring of local conditions.

The following is also recommended for information and reference:

- [www.bom.gov.au](http://www.bom.gov.au) - Bureau of Meteorology website for all weather forecasts & information
- [Hot Weather Guidelines](#), [Beat the Heat fact sheet](#), [Preventing Heat Illness in Sport](#)

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

A handwritten signature in black ink, appearing to read "M. Quarmby".

**MICHAEL QUARMBY,**  
Chief Executive Officer.