



NNSWF HOT WEATHER POLICY

APPLICABLE TO ALL COMPETITIONS, TRAINING AND EVENTS HELD AT THE LAKE MACQUARIE REGIONAL FOOTBALL FACILITY (LMRFF)

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.

Northern NSW Football has considered several factors in the development of this policy including year round High Performance Programs, 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.

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 a temperature of 32° WBGT
CHILDREN Cancel or postpone events involving Children at a temperature of 30° WBGT
CAUTION: <i>These are the maximum cancellation temperatures. Cancellation of games, training or events at lower temperatures may be necessary depending on local conditions and player wellbeing and acclimatization. For the purpose of this policy a child is a person aged up to and including 16 years of age.</i>

During summer and warmer month's clubs and competition organisers are required to regularly:

- Refer to the *SMA Hot Weather Guidelines*
- Provide a copy of the *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.
- Closely monitor weather forecasts and local weather conditions.
- Use a weather gauge, 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.

The following is also provided for information and reference:

- 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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