

HOT WEATHER POLICY – NNSWF PREMIER COMPETITIONS

Applicable to all Northern NSW Football Premier Competitions & events including:

Premier Competitions	NNSWF Events
NPL Northern NSW Mens & Womens	Mens & Womens State Cup
Northern League One	Champion of Champions
Premier Youth League	Community State Youth Championships
Junior Development League	
Australia Cup Preliminary Rounds	
And all sanctioned activities at 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 football participants, and in particular children.

Northern NSW Football (NNSWF) has considered several factors in the development of this policy including year-round High-Performance Programs, the ongoing popularity of summer football and the recent increase in the temperatures experienced at the beginning of the traditional football season.

The following direction is provided in accordance with information provided by [Sports Medicine Australia](https://www.sportsmedicineaustralia.com.au/).

TEMPERATURES FOR ABANDONMENT OR POSTPONMENT OF GAMES, TRAINING and other football events including trial games, selection trials, clinics, gala days or any other football activity involving physical exertion.		
Age Group	Matches	Training
Teams up to and including 12's	Abandon or postpone matches at a temperature of 26 WBGT and above	Abandon or postpone training at a temperature of 26 WBGT and above
13's to 17's inclusive	Abandon or postpone matches at a temperature of 26 WBGT and above	Abandon or postpone traditional training at a temperature of 26 WBGT and above
		Abandon or postpone modified* training at a temperature of 28 WBGT and above *Modified training must have reduced intensity and drinks breaks every 15 minutes. Duration no longer than 60 minutes.
18's to Open inclusive	Abandon or postpone matches at a temperature of 30 WBGT and above	Abandon or postpone training at a temperature of 30 WBGT and above
CAUTION: These are the maximum cancellation temperatures. Cancellation of games, training or events at lower temperatures may be necessary depending on local conditions, humidity, player wellbeing and acclimatisation. All participants have a responsibility to carefully consider their physical capacity to participate at high temperatures. Participants who are on medication and/or recovering from a viral illness should exclude themselves from participating in fixtures when temperatures approach the stated thresholds. For the purpose of this policy a child is a person aged up to and including 16 years of age.		

NNSWF will initially provide all clubs with a Wet Bulb Globe Temperature (WBGT) Heat Stress Meter. The device must be kept at the club's home venue at all times.

The WBGT should be measured at a height of 1.2m from the ground within the centre circle of the pitch.

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Any measurements being taken whilst a match is in progress should be taken at a height of 1.2m, 1m from the halfway line.

NNSWF Premier Competition Guidelines

Please see the below table for a quick guide on which Leagues abide by which WBGT and who is responsible for the abandonment or postponement of activities:

League	Responsibility to Postpone / Abandon	Max Temperature
NPL Men & Women -1 st Grade & Reserves NL1 – 1st Grade & Reserves	Match Official & Home Club Official	30 WBGT
Premier Youth League Under 18s	Home Club Official	30 WBGT
Premier Youth League Under 13s-17*s	Home Club Official	26 WBGT
Junior Development League	Home Club Official / LMRFF Staff	26 WBGT

***This League has been included at the lower WBGT threshold due to the heavy reliance on players up to and including 16 years.**

For the avoidance of doubt, any player aged up to and including 16 years of age who is part of a senior squad (Under 18's and above) must not play in ANY fixture when the WBGT is 26 or above.

All matches are required to include a minimum of 1 drink break per half if the ambient temperature is 28° or above at kick off. This is also a maximum temperature; drinks breaks may be required at lower temperatures based on the specific conditions on the day.

Procedure for Abandonment/Postponement of matches

In the event of hot weather, as outlined above, it is the responsibility of the home club to monitor the WBGT and local conditions and inform the match official of current conditions.

Clubs are required to utilise the WBGT provided by NNSWF. Should the device be unavailable, only information from the Bureau of Meteorology (BOM) should be used.

Matches must be abandonment/postponed only in the following circumstances:

Prior to teams arriving:

- If the WBGT is at or above the Maximum WBGT at any point during the day of the fixture, with a forecast of rising temperatures throughout the day, the Home Club Official is responsible for abandoning or postponing matches. Clubs are required to validate their readings with the Away Club Official (if present) and the Match Official (if present).

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- Clubs are reminded to take into account any matches with an evening kick off time before postponing any match based on the above.

After teams arriving (approx. 90min prior to kick off):

- If the measured WBGT is at or above the Maximum WBGT 30 minutes prior to kick off the match must be postponed by the Home Club Official. Clubs are required to validate their reading with both the Match Official & Away Club Official.
- If the measured temperature rises to or above the Maximum WBGT after kick off, the identified Home Club Official must advise the Match Officials at the next stoppage of play, and the match to be abandoned. Clubs are required to validate their readings with the Away Club Official and the Match Official.

For all matches postponed due to heat, clubs are required to follow the [NNSWF Premier Competition Adverse Weather Policy](#) regarding communication to opposition, referees and relevant websites.

Northern NSW Football reserves the right to postpone matches due to hot weather at its sole and absolute discretion.

Advice for all clubs

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 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:

- [Bureau of Meteorology](#) - BOM website for all weather forecasts and information
- [Sports Medicine Australia – Hot Weather Guidelines](#)
- [Sports Medicine Australia - Beat the Heat](#)
- [Sports Medicine Australia – UV Exposure and Heat Illness Guide](#)
- [Cancer Council Australia – Sun Protection Checklist for Sporting Groups](#)