



**NORTHERN  
SUBURBS  
FOOTBALL**  
EST. 1957

## **NSPD12B - Hot Weather Policy (adopted from FNSW)**

### **Applicable to all NSFA Ltd. competition and events.**

With higher temperatures 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.

NSFA Ltd. has considered several factors in the development of this policy including the ongoing popularity of summer football and increase in the temperature leading into winter season. The following is provided in accordance with information provided by Sports Medicine Australia (SMA).

### **Recommended temperatures for cancellation of games and training and other events including trial games, selection trials, clinics or any other 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 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: 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.***

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

- Refer to the SMA Hot Weather Guidelines
- Provide a copy of 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, 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.

The following links are also available to assist you.

- [SMA Hot Weather Guidelines](#)
- [Beat the Heat Fact Sheet](#)
- [Heat Stress Index](#)
- [SMA UV Exposure & Heat Illness Guide](#)
- [Sun Smart Resources](#)
- [Sun Safety Fact Sheet \(Cancer Council\)](#)

The following website is also excellent for weather forecasts and information:

<http://www.bom.gov.au/> – Bureau of Meteorology.