

APPLICABLE TO ALL COMPETITIONS AND EVENTS, ASSOCIATION FOOTBALL AND FUTSAL (but excluding Football NSW National Premier Leagues and State Leagues matches where the Football NSW Competition Regulations apply)

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.

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

- Refer to the Sports Medicine Australia (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
- 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.

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 local conditions, 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.

REFERENCES & LINKS

- 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](#)

Last updated 20 November 2015

For more information visit www.footballnsw.com.au or contact your club or association.