



HOT WEATHER GUIDELINES

APPLICABLE TO ALL COMPETITIONS AND EVENTS, ASSOCIATION FOOTBALL AND FUTSAL (Including PS4NPL Queensland Competitions)

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 Queensland has considered several factors in the development of these Guidelines. The following is provided in accordance with information by Sports Medicine Australia (SMA) and Football Federation Australia (FFA). Clubs should read the SMA Guidelines in conjunction with these FQ Hot Weather Guidelines.

During summer and warmer months, Clubs and Competition Administrators are required to:

- Refer to the 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;
- Check weather forecasts the day before and closely monitor local weather conditions;
- Whenever available, use a weather gauge, Wet Bulb Globe Thermometer (WBGT) or Heat Stress Metre to monitor playing conditions;
- Ensure regular hydration (water/fluid intake) by players, officials and other participants;
- Monitor the wellbeing of players, officials, volunteers and staff; and
- Increase breaks during games and training to allow rest in shade and fluid intake – referees should allow at least a two (2) minute drinks break in each half when ambient temperatures exceed 32°.

Clubs and Associations are advised that for adults and children the ambient temperature for cancelling or postponing a match is **36°** or above. These recommendations are for postponement of games and training and other events including, but not limited to; friendly matches, selection trials and clinics.

PLEASE NOTE: These are the maximum postponement and/or cancellation temperatures. Postponement and/or cancellation of games, training or events at lower temperatures may be necessary, depending on other contributing factors such as: humidity, local conditions, radiant heat, lack of ventilation (for indoor centres) and player wellbeing.

For the purpose of these Guidelines, a child is a person aged up to and including 17 years of age. 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.

REFERENCES & LINKS

- www.bom.gov.au – Bureau of Meteorology website for all weather forecasts & information
- <http://sma.org.au/wp-content/uploads/2009/05/hot-weather-guidelines-web-download-doc-2007.pdf>
- SMA Hot Weather Guidelines
- <http://sma.org.au/wp-content/uploads/2011/03/beat-the-heat-2011.pdf>
- Beat the Heat Fact Sheet
- <http://sma.org.au/wp-content/uploads/2010/02/UV-Exposure-and-Heat-Illness-Guide.pdf>
- UV Exposure & Heat Illness Guide