



FOOTBALL  
**QUEENSLAND**

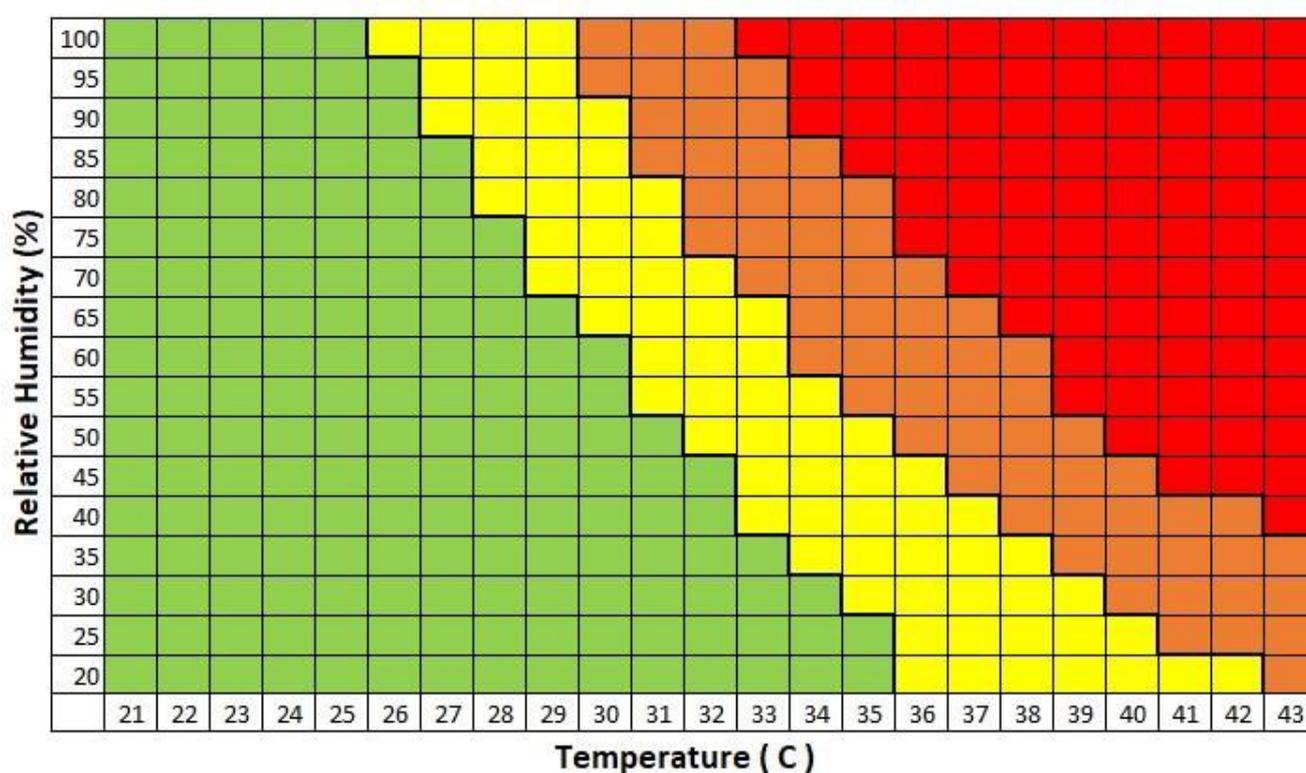
# **Heat Policy**

As weather conditions are constantly changing and extreme weather is becoming more commonplace, Football Queensland has conducted research to create a policy that will assist clubs when making decisions about the welfare and safety of players.

This policy has been developed by researching best practice from a number of organisations including Sports Medicine Australia, Football Federation Australia and FIFA.

Below is a chart which is commonly used by meteorologists to describe how hot the weather feels to the average person, by combining the effect of heat and humidity.

Simply find the spot on the graph that plots the current temperature (along the horizontal axis of the graph), and current humidity (along the vertical axis), to find out what conditions the match falls under. These conditions are explained in the key below the graph.



- Normal conditions
- Drinks breaks recommended
- No football to be played between 11am & 4pm
- No football to be played

For example, a match which takes place when the temperature is 31 degrees with 55% humidity would have drinks breaks implemented. While a match should be postponed/rescheduled if it is scheduled to take place between 11am and 4pm and the temperature is 32 degrees with 75% humidity.

Football Queensland encourages the use of the BOM Weather app which lists current temperature and humidity readings (as can be seen below).

If you click on the settings button in the top left corner, it allows you to set your location by either using the current location (through location services) or by typing in the location.

