

## FOOTBALL FEDERATION SA Inc.

# HOT WEATHER POLICY.

### **RATIONALE**

FFSA and all affiliated clubs need to ensure that a reasonable duty of care is provided to all players, officials and spectators.

This policy has been developed to assist club officials, parents and other individuals to identify the actions that need to be undertaken in cases of extreme hot weather.

In implementing this policy, club officials and parents should also be considerate of the individual needs. The heat will affect not all participants in the same manner. For the reasons outlined below the FFSA has implemented the following policy.

### **Risks Associated with Hot Weather**

High intensity exercise in a hot environment can lead to:

- Dehydration
- Heat Exhaustion
- Heat Stroke

### **Dehydration**

During exercise fluid loss occurs. If adequate fluid is not replaced this may lead to heat exhaustion and heat stroke.

### **Heat Exhaustion**

A lack of fluid replacement may lead to heat exhaustion. Heat exhaustion is characterised by:

- High heart rate
- Dizziness
- Headache
- Loss of endurance/skill/confusion
- Nausea
- Clammy skin, pale in colour
- Cramps

### **Heat Stroke**

Severe dehydration may lead to heat stroke. This is characterised similar to heat exhaustion but with a dry skin, confusion and player collapsing.

This is a potentially fatal condition and must be treated immediately by a medical professional.

### **Factors Affecting Participants in Hot Weather**

There are a number of factors that will affect participants during days of extreme heat. These include the following:

**Humidity** The greater the humidity, the harder it is for the body to cool off through the evaporation of sweat.

**Duration/Intensity** The greater the duration and intensity of the activity, the greater the risk of heat related symptoms.

**Fitness Level** Participants who may be overweight and unconditioned for the activity will be more susceptible to heat stress.

**Age and Gender** Women may suffer more during activity in the heat due to their greater percentage of body fat. Young children are especially at risk. Children have poorly developed sweating mechanism, essential for cooling the body, prior to puberty. Children also take longer to acclimatise to participating in hot conditions than adults. Coaches need to ensure that children do not over-exert themselves especially when undertaking exercise for 30 minutes or greater. Veteran participants may also not cope well when undertaking activity in the heat.

**Time of the Event** During periods of hot weather, the hottest part of the day should be avoided, usually 11.00am – 3.00pm.

**Other Factors** Other factors that may affect participants are any predisposed medical conditions and the ability of participants to gain access to fluids during activity.

### **OUTCOME 1**

Minimise risk associated with extreme heat by all clubs participating within FFSA competition implementing the following procedures during dates of extreme heat.

### **PROCEDURE**

- 1 If the Temperature is forecasted below 33 degrees:**
  - 1.1 Club officials and/or players will ensure that there is an adequate supply of fluid. Water should be available not only for drinking but also for wetting the face, clothes and hair.

- 1.2 Water bottles should be made accessible to players. Bottles are not to be thrown on to the field of play. Players may come to the side of the field and a water bottle can be passed to the player.
- 1.3 Team officials may approach the match official prior to the start of the game to consider a short hydration break during the game. If the match official and the two teams are in agreement, a short break may be implemented, the timing is at the sole discretion of the referee.

**2 If the temperature is forecasted 33 degrees or greater:**

- 2.1 If the temperature is forecasted to be **33 degrees or greater** in the **Advertiser Newspaper** on the Friday prior to a Sunday game or the day before a midweek game, the game must be re-scheduled as follows:  
**Played and completed by 11.00am on the scheduled day or  
Played after 5.00pm**
- 2.2 If the game can be played between the two times recommended, clubs will notify FFSA of the time change. FFSA will notify the referee co-ordinator.
- 2.3 If the game is played team officials/players should ensure that the guidelines outlined above for days when the temperature is 33 degrees or less are followed.
- 2.5 If the game cannot be re-scheduled within these times, the game will need to be postponed. FFSA will notify the referee co-ordinator of all postponements
- 2.6 If the game is postponed, the game will need to be re-scheduled and played **within 14 days** of the game being postponed.
- 2.7 Both teams are responsible for the re-scheduling of the game. A time and venue will need to be decided between the two teams. A club official from both teams must notify FFSA within 5 days of the game being played. FFSA will arrange a referee for the game.