



HOT WEATHER POLICY – COMMUNITY FOOTBALL

APPLICABLE TO ALL GRASSROOTS/COMMUNITY FOOTBALL COMPETITIONS, MINIROOS, TRAINING, TOURNAMENTS, GALA DAYS, SUMMER FOOTBALL AND OTHER EVENTS AND ACTIVITIES SANCTIONED BY NORTHERN NSW FOOTBALL OR MEMBER ZONES

With higher temperatures occurring more frequently consideration must be given to the effects of heat and humidity on participants and particularly children involved in football activities.

Northern NSW Football (NNSWF) has considered several factors in the development of this policy including longer football seasons, the ever-increasing popularity of summer football and an increase in the temperatures leading into the traditional football season.

The following is provided in accordance with information provided by [Sports Medicine Australia](#).

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| TEMPERATURES FOR CANCELLATION OF GAMES AND TRAINING and other events including trial games, selection trials, clinics or any physical activities |
| ADULTS Cancel or postpone events involving Adults at a temperature of 34° AND ABOVE |
| CHILDREN Cancel or postpone events involving Children at a temperature of 30° AND ABOVE |
| <i>CAUTION: These are the maximum cancellation temperatures. Cancellation of games, training or events at lower temperatures may be necessary depending on local conditions, humidity, player wellbeing and acclimatisation. All participants have a responsibility to carefully consider their physical capacity to participate at high temperatures. Participants on medication or recovering from a viral illness should exclude themselves from participating in activities when temperatures approach the threshold.</i> |
| <i>For the purpose of this policy a child is a person aged up to and including 16 years of age.</i> |

Northern NSW Football Guidelines

The following table aligns ages and competitions to respective maximum temperatures and who is responsible for making the decision to postpone or abandon activities:

| Competition or Activity | Responsibility to Postpone /Abandon | Maximum Temperature |
|-------------------------|-------------------------------------|---------------------|
| 19's + | Match Official & Home Club Official | 34 Degrees |
| 12's to 18's* | Match Official & Home Club Official | 30 Degrees |
| MiniRoos | Home Club Official | 30 Degrees |

*This category has been extended to 18's on the basis that teams could be reliant on players 16 years and below.





Children (aged up to and including 16 years of age) are not permitted to participate in any activity regardless of the relevant regulations if the temperature reaches 30° or above.

All matches are required to include a minimum of 1 drink break per half if the temperature is 28° or above at kick off.

In the event that Community teams are participating in matches involving Premier Clubs the Hot Weather Policy relating to the designated HOME CLUB is to be enforced. For example, if the Community team is the designated home club, the Hot Weather Policy – Community Football is to be enforced. If the Premier Club is the designated home team the Hot Weather Policy – NNSWF Premier Competitions is to be enforced.

Procedure for postponement of matches

In the event of hot weather, as outlined above, it is the responsibility of the home club to monitor the temperature and local conditions and inform the match official of current conditions. Clubs are required to utilise only information from the Bureau of Meteorology (BOM) or a reliable temperature implement located at the ground.

Matches must be postponed / abandoned only in the following circumstances:

Prior to teams arriving:

- If the temperature is at or above the Cancellation Temperature (BOM) at any point during the day of the fixture, with a forecast of rising temperatures throughout the day the Home Club Official is responsible for cancelling matches. Clubs are encouraged to monitor the temperature at 9am, 12pm and 3pm.
- Clubs are reminded to take into account any matches with an evening kick off time before postponing any match based on the above.

After teams arriving:

- If the temperature is at or above the Cancellation Temperature (BOM) 30 minutes prior to kick off the match must be postponed by the Home Club Official;
- If the temperature rises to or above the Cancellation Temperature (BOM) after kick off, the identified Home Club Official must advise the Match Officials at the next stoppage of play, and the match to be abandoned.

For all matches postponed due to heat, clubs are required to follow the relevant [Member Zone's](#) procedure regarding communication to opposition, referees, competition administrators and relevant websites.



Community Partner





Advice for all clubs

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

- Refer to the *SMA Hot Weather Guidelines*
- Provide a copy of the *Beat the Heat Fact Sheet* to players, parents and team officials.
- Provide information in relation to sun safety
- Schedule training for cooler parts of the day or evening.
- Closely monitor weather forecasts and local weather 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 is also provided for information and reference:

- [Bureau of Meteorology](#) - BOM website for all weather forecasts and information
- [Sports Medicine Australia - Hot Weather Guidelines](#)
- [Sports Medicine Australia - Beat the Heat](#)
- [Sports Medicine Australia - UV Exposure and Heat Illness Guide](#)
- [Cancer Council Australia - Sun Protection Checklist for Sporting Groups](#)

