



Happy Valley Football Club Hot Weather Policy

The Happy Valley Football Club Hot Weather Policy has been adapted from the SANFL Hot Weather Policy and will assist volunteers, players, officials and spectators to undertake necessary action in cases of extreme hot weather. This is to prevent injury, and possible death, from heat illness by recognizing and managing potentially dangerous heat situations.

The Happy Valley Football Club recognizes that the risk of an elevated body temperature from high intensity sport in a hot environment is significant, and can lead to heat illness presented as heat exhaustion and heat stroke. The Happy Valley Football Club also recognizes that children are at a higher risk than adults. Symptoms can be worse if fluid replacement during exercise is inadequate which leads to fluid loss and dehydration.

Training/Competitions in Hot Weather

The Happy Valley Football Club Head Trainer or person acting in this capacity where the Head Trainer is not available shall check the **Southern Suburbs (Noarlunga)** forecast temperature at 6pm the day before the event on the Australian Bureau of Meteorology website - www.bom.gov.au . Based on the forecast temperature, the following action will be taken regarding the event:

Ambient Temperature	Risk of Heat Illness	Recommended Management for sports activities
26 - 30	Moderate	All Grades Time interval between available drinks no more than 15minutes, with a break sufficient for all players to replenish fluids. Overall duration of session to be 60-90 minutes.
31 - 35	High - very high	Seniors: Time interval between available drinks no more than 15 minutes, with a break sufficient for all players to replenish fluids. Activity intensity to be reduced to moderate pace with breaks in intensity Overall duration of session to be 60-90 minutes Juniors: Outdoor activities modified with reduction in intensity and increased drink break sufficient for players to replenish fluids. Interval between breaks no more than 10 minutes with use of shade as much as possible. Overall duration of session limited to 60 minutes. Sub Junior: All activities cancelled
36 and above	Extreme	Seniors: No outdoor activities to be conducted between 10am and 4pm. Water based activities or activities in air conditioned indoor facilities may be conducted but must be modified to prevent heat stress. Modified outside activity only in consultation with Head Trainer . All Junior and Sub Junior training cancelled

Where there has been a change in the **Southern Suburbs (Noarlunga)** temperature after 6pm the evening before the training or game, the trainer on duty shall refer back to the above chart to advise coaches and officials on the activity and intensity of such that can be conducted after the trainer on duty has taken the temperature prior to the activity commencing. Use of a smartphone is reasonable to determine the locality temperature.

Players and officials shall be encouraged to drink fluid prior to and during all competitions and training sessions to avoid dehydration, and for rehydration following competitions and training sessions.

In all competitions and training sessions the Happy Valley Football Club shall ensure that there is an adequate supply of water for drinking and refreshment, and the appropriate drinks breaks are taken as necessary during these competitions or training sessions.

Players and officials with any symptoms of heat illness shall immediately cease exercising. They shall seek immediate first aid treatment from the sports trainer on duty (including Strip/Soak/Fan - strip off any excess clothing and rest in a shaded area, soak or spray with water and rehydrate, and fan) to reduce body temperature as quickly as possible. The sports trainer on duty will manage the person's condition, according to Senior First Aid principles and seek further medical attention if necessary.

Original: 20th January 2014

Reviewed: 5th January, 2016

Next review: January 2017