



Policy Name: Hot Weather Guidelines
Policy Authorisation and Date: Association Committee 13 December 2018

HOT WEATHER GUIDELINES

Compared to adults, children are at increased risk of heat illness - heat exhaustion and heat stroke. It is therefore important that during times of hot and humid weather, steps are taken to minimise the risk of heat illness during training and competition games.

Sports Medicine Australia has developed guidelines for use by sporting clubs to allow for safe training and competition. The two key documents that all trainers are familiar with are listed below:

Hot Weather Guidelines: For sporting clubs and associations and the physically active
<https://sma.org.au/resources-advice/policies-and-guidelines/hot-weather/>

Beat The Heat - playing and exercising safely in hot weather
<https://sma.org.au/sma-site-content/uploads/2017/08/beat-the-heat-2011.pdf>

There is no precise temperature at which play or training has been shown to become dangerous for all junior sports players. Two measures that can be used as a guide to alter play or training are:

1. Ambient Temperature: most useful on hot, dry days.
Risk of heat illness:
 - Temp 26-30°C: Moderate
 - Temp 31-35°C: High-Very High
 - Temp 36°C and above: Extreme
2. Wet Bulb Globe Temperature (WBGT): useful when humidity is high
Risk of heat illness:
 - Temp 21-25°C: Moderate to High
 - Temp 26-29°C: High-Very high
 - Temp 30°C and above: Extreme

At times of moderate risk of heat illness, play and training will continue, with steps taken to minimise risk such as additional breaks, modification of warm-up, more frequent use of interchange and additional hydration. In the event that conditions reach High to Extreme, play or training will be modified significantly, including cancellation if required.

Real-time ambient temperature and WBGT can be found at the Bureau of Meteorology at www.bom.gov.au