



HUNTER VALLEY
FOOTBALL



REGULATION H: 3.12 Hot Weather and Heat Stress Policy

Summary

This Policy provide information about:

- **Regulation H – 3.12 Hot Weather and Heat Stress Policy**

that the Joint Zone Associations Competitions will operate under.

The Regulations, Procedures and Policies in conjunction with the Constitution and By-Laws of the Zone Association shall, with the approval of NSW Football and duly Registered with FA, apply from the date of approval and shall take precedence over any previous Regulations of the Zone Association.

Issued by the Joint Board of Directors of Macquarie Football, Newcastle Football, and Hunter Valley Football.

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HOT WEATHER AND HEAT STRESS POLICY

Applicable To All Joint Zone Associations Competitions, MiniRoos, Training, Gala Days and any other events sanctioned by the Joint Zones Associations.

1.0 BACKGROUND

Due to identified climate change factors, higher temperatures are now being experienced more frequently, consideration now must be given to the effects of heat and humidity on participants in sport activities and particularly more, so children involved in football activities.

The Joint Zone Associations have considered numerous factors in the development of this policy including the increase in the length of the football seasons, the increasing and ongoing popularity of summer football and the documented increase in the temperatures leading into and existing of the winter season.

Playing football or training in hot conditions can put participants at risk of cramp, heat exhaustion and even the fatal condition of heat stroke.

Recognising Heat Stroke

- Heatstroke is a life-threatening condition where your body overheats. It's more common in hot, humid weather.
- As well as nausea, dizziness, headache and muscle cramps, heatstroke can cause hot, dry, red skin and confusion, seizures, and loss of consciousness.
- If someone has heatstroke, try to cool them down while waiting for the ambulance, for example by moving them into a cool or shady place, removing excess clothing, and offering sips of cool drink.
- Be prepared for hot weather, stay out of the sun and drink plenty of water.
- Never leave children or animals alone in a car.

If untreated, heat illness can lead to the more serious and potentially life-threatening condition of heat stroke.

By understanding the causes of heat illness coaches, players, and anyone involved in Football or physical activity can help prevent heat illness by using the advice provided in the Guidelines to minimise the risks.

But it's not all bad news.

With a little common sense everyone can beat the heat and enjoy the benefits of playing football and training, without the risk of heat injury.

This policy provides evidence-based guidance for protecting the health of those participating in football competitions, training, and other related events from the potentially ill effects of extreme heat, while ensuring that play is not unnecessarily interrupted.

The information below is being provided in accordance with material provided by Sports Medicine Australia (SMA).

This information is referred to below under "Resources" and should also be read in conjunction with this policy.

2.0 MANAGING EXTREME HEAT

During the Football Season (summer and warmer months), Zone Associations Member Clubs and Zone Associations Competition Administrator are required to:

- Refer to the SMA Extreme Heat Policy if unsure of requirements to ensure the well-being of all involved in the Football activity.
- Provide a copy of the SMA Beat the Heat Fact Sheet to players, parents, guardians, caregivers, and Team Officials (see Resources)
- Provide information in relation to sun safety
- Schedule games and training for cooler parts of the day or evening
- Check weather forecasts the day before and closely monitor local weather conditions
- Whenever available, use a weather gauge, Wet Bulb Globe Thermometer (WBGT) or Heat Stress Meter to monitor player 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 - referees should consider allowing at least a 2-minute drinks break in each half when ambient temperatures exceed 32°C for adults and 28°C for youth
- **All matches** are required to include a minimum of 1 drink break per half if the temperature is 28° or above at kick off.
- Training sessions should include regular drink breaks throughout the session or as deemed necessary
- In the event that Zone Association 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 Zone Association team is the designated home club, the Zone Association - Hot Weather Policy is to be enforced.

If the Premier Club is the designated home team the Hot Weather Policy – NNSWF Premier Competitions is to be enforced.

3.0 TEMPERATURES RECOMMENDED FOR CANCELLATION OR POSTPONEMENT OF FOOTBALL ACTIVITIES

In the event of hot weather or extreme heat:

- * Matches and Training
- * Trial Matches
- * Selection Trials
- * Football Clinics, or
- * Any other Physical activities

relating to Football activities and their management of heat risk require the recommendations below to be followed to ensure the wellbeing of all participants involved.

The following is provided in accordance with information provided by [Sports Medicine Australia](http://SportsMedicineAustralia.com.au).

FOOTBALL ACTIVITIES (Matches, Training, Trial games, Selection trials, Clinics, or any physical activities relating to Football activities)		
AGE GROUP	DIRECTIVE	TEMPERATURE (°C)
SENIORS <i>(16+ years old)</i>	Cancel or postpone events involving Adult Football Activities at a temperature of	34° and ABOVE
JUNIORS <i>(5 – 16 years old)</i>	Cancel or postpone events involving Children Football Activities at a temperature of	30° and ABOVE
<p>CAUTION: <i>These are the maximum cancellation temperatures.</i></p> <p><i>Cancellation of games, training or any other events at lower temperatures may also be necessary depending on local conditions, humidity, player wellbeing and acclimatisation.</i></p> <p><i>All participants have a responsibility to carefully consider their physical capacity to participate at high temperatures.</i></p> <p><i>Participants on medication or recovering from a viral illness should exclude themselves from participating in activities when temperatures approach the threshold.</i></p> <p><i>For the purpose of this policy a child is a person aged up to and including 16 years of age.</i></p>		

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 (°C)
19's +	Match Official & Home Club Official	34
12's to 18's*	Match Official & Home Club Official	30
MiniRoos	Home Club Official	30

**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 °C or above.

4.0 TO OBTAIN A FORECAST OF TEMPERATURE AND HUMIDITY

To obtain the current or predicted forecast of temperature and humidity for the upcoming 72 hours:

1. Visit <http://www.bom.gov.au/places/> and in the “Change location” box enter your suburb, town, or postcode.
2. Click on: **DETAILED 3-HOURLY FORECAST** option located on the right side of the page.
3. Select the specific day/date of the event.
4. Identify the column with the nearest time to the planned football or futsal event.
5. Note the “Air Temperature (°C)” value AND IN THE SAME COLUMN, note the concurrent “Relative Humidity (%)” value found towards the bottom of the page for that date.

5.0 PROCEDURES FOR POSTPONEMENT/ DEFERMENT/ ABANDONMENT OF MATCHES DUE TO EXTREME HEAT

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/deferred/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 information.

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/abandoned due to the impact of extreme heat, Joint Zone Associations Member clubs are required to follow the relevant procedures regarding communication to Opposition Member Club, Match Officials, Zone Association Competition Administrators, and any relevant websites.

6.0 ADVICE FOR MEMBER CLUBS

During summer and warmer months of the football season, Member Clubs and Zone Association Competition Administrators are required too regularly:

- Refer to the *SMA Hot Weather Guidelines*

- Provide a copy of or access to the *SMA Beat the Heat Fact Sheet* to players, parents, guardians, caregivers, 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, Match Officials Team Officials, and other participants.
- Monitor the wellbeing of players, Match Officials, Team Officials, volunteers, and staff.
- Increase breaks during games and training to allow rest in shade and fluid intake.

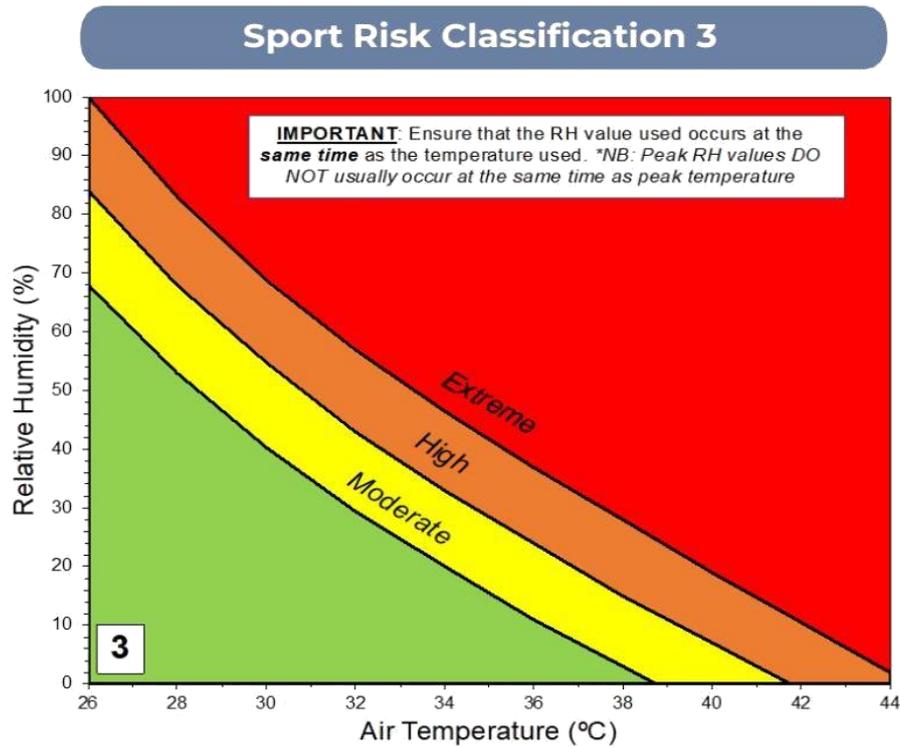
RESOURCES:

The following is also provided for information and reference:

- [Bureau of Meteorology](#) – BOM website for weather forecasts and information
- [Sports Medicine Australia – Extreme Heat Policy](#)
- [Sports Medicine Australia – Beat the Heat](#)
- [Sports Medicine Australia – Hot Weather Guidelines](#)
- [Sports Medicine Australia – UV Exposure and Heat Illness Guide](#)
- [Cancer Council – 10-Step Sun Protection Checklist for Sporting Groups](#)

QUICK REFERENCE: Football played on GRASS FIELDS

Sport Risk Classification 3 Chart.



How To Determine the Heat Stress Risk

The combined Air Temperature (x-axis) and Relative Humidity (y-axis) should then be plotted on the appropriate figure for your venue.

The point of intersection of these two values will subsequently fall in one of 4 coloured zones indicating a given level of heat stress risk:

- **GREEN:** Low Risk
- **YELLOW:** Moderate Risk
- **ORANGE:** High Risk
- **RED:** Extreme Risk

If unsure refer to: [Sports Medicine Australia – Extreme Heat Policy](#)

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