



FERNTREE GULLY EAGLES JUNIOR FOOTBALL CLUB HEAT POLICY 2022

PURPOSE

To develop a Club Policy in the management of conducting exercise in heat.

DEFINITIONS

Heat Exhaustion: Characterised by a high heart rate, dizziness, headache, loss of endurance/skill/confusion and nausea.

Heat Stroke: Characteristics are similar to heat exhaustion but with a dry skin, confusion and collapse.

Dehydration: Dehydration is fluid loss which occurs during exercise, mainly due to perspiration and respiration. It makes an athlete more susceptible to fatigue and muscle cramps.

Ambient Temperature/WBGT: The Bureau of Meteorology (BOM) produces ambient and WBGT readings for many locations in Australia. You can check these readings and a guide for the relative risk for your location at www.bom.gov.au/info/thermal_stress/index.shtml

ACKNOWLEDGEMENT

These guidelines are based on the latest research as well as the expertise of Sports Medicine Australia's (SMA) medical and scientific members.

These guidelines are not binding, but FTGEJFC reminds all parties that they must act responsibly.

We encourage a common-sense approach and consideration of the comfort and well-being of all individuals including participants and officials.

Modification or cancellation of events, training or withdrawal from participation may be appropriate even in circumstances falling outside these recommendations.

There are many factors to be considered when contemplating modifying, postponing or cancelling sporting events or training. There is acknowledgment of the difficulty of settling "one size fits all" guidelines in this area.

EXERCISE IN HOT WEATHER – CONSIDERATIONS FOR CHILDREN

- **Young children are especially at risk in the heat :**
 - the sweating mechanism, essential for effective cooling, is poorly developed.

- The ratio between weight and surface area in the child is such that the body absorbs heat rapidly in hot conditions.
- child athletes must be protected from over-exertion in hot climates, especially with intense or endurance exercise.
- Although children can acclimatize to exercise in the heat, they take longer to do so than adults.
- Coaches should be aware of this and limit training for children during exposure to hot environments.

NB: Children tend to have a more “common sense” approach to heat illness than adults. They “listen to their bodies” more and will usually slow down or stop playing if they feel distressed in the heat.

On no account should children be forced to continue sport or exercise if they appear distressed or complain about feeling unwell.

RECOMMENDATIONS

TOTAL FIRE BAN DAYS:

On days of extreme rating / total fire ban days, training will not occur at Gilmour Reserve due to bushfire risk.

Ambient temperature	Relative humidity	Risk of Heat Illness	Possible management for sustained physical activity
15 - 20 Low		Low	Heat illness can occur in distance running. Caution over-motivation.
21 - 25	Exceeds 70%	Low - moderate	Increase vigilance. Caution over-motivation.
26 – 30	Exceeds 60%	Moderate	Moderate early pre-season training. Reduce intensity and duration of play/training. Take more breaks.
31 – 35	Exceeds 50%	High – very high	Uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 30 minutes per session. Consider rescheduling of training to cooler part of day or swimming
36 and above	Exceeds 30%	Extreme	Very stressful for most people. Cancellation

WBGT Further guidance might be gained from what is known as the Wet Bulb Globe Temperature (WBGT) index. The WBGT is useful when humidity is high.

WBGT	Risk of thermal injury	Possible modifying action for vigorous sustained activity
< 20	Low	Heat illness can occur in distance running. Caution over-motivation.
21 - 25	Moderate to high	Increase vigilance. Caution over-motivation. Moderate early pre-season training intensity and duration. Take more breaks.
26 - 29	High - Very high	Limit intensity. Take more breaks. Limit duration to less than 30 minutes per session. Consider rescheduling of training to cooler part of day or swimming
30 and above	Extreme	Cancellation (allow swimming).

RISKS

- High intensity exercise in a hot environment, with the associated elevation of body temperature, can lead to heat illness.
- Heat illness in sport presents as heat exhaustion or the more severe heat stroke.
- Small degrees of dehydration will cause a decrease in performance and increase risk of injury..
- Drinking too much fluid can lead to a dangerous condition known as hyponatraemia (low blood sodium).

RESPONSIBILITIES

Parents/Players:

Players, and Parents of children, have a responsibility to ensure that the impact of environmental factors such as extreme heat is not exacerbated by their own conduct. Accordingly, the following general guidelines should be followed.

- (i) ensure adequate fluid intake prior to game and during game (500-700mls per quarter);**
- (ii) monitor hydration**
- (iii) notify medical and coaching staffs when effected by heat or when performance is noticeably affected**
- (iv) use water and electrolyte drinks;**
- (v) use pre-game, game and post-game cooling strategies;**
- (vi) do not play in the heat with an illness; and**

(vii) apply sun protection factor 30+ sunscreen in sunny conditions.

Coach:

Follow guidelines and act as advised in days of extreme temperature

Trainer :

To be trained in management of heat related injuries

Coach Coordinator:

Responsible for reviewing BOM website for ambient temperature / WBGT and communication to coaches/teams

Ferntree Gully Eagles Junior Football Club:

- Provide Teams with Policy Information prior to start of pre-season training sessions.
- To monitor compliance with guidelines
- Provision of cooling aids if available – spray bottles, sponges, fans (in rooms and on interchange bench if possible) and shade;
- Choose heat permeable jumpers and socks;
- Report incidents of heat stress illness in all players to the Football Body;
- Provide adequate fluids in appropriate bottles;
- Provide facilities for player cooling – shade, air conditioning, sprays and fans whether training or playing.

WHAT IS AND IS NOT IN SCOPE

All training sessions performed in pre-season and during EFL season are included in scope.

Match day decisions will be at discretion of EFL / Umpires on that day.

RESOURCES

<http://sma.org.au/wp-content/uploads/2009/05/hot-weather-guidelines-web-download-doc-2007.pdf>

POLICY REVIEW

This Policy will be reviewed by FTG Football Team Executive group biannually to ensure it remains relevant, practical and that it reflects community expectations and legal requirements.

Presented to General committee & membership on 2022

Ferntree Gully Eagles Junior Football Club
Executive & General Committee
2022