



**NORTHERN  
SUBURBS  
FOOTBALL**  
EST. 1957

## **NSFA Hot Weather Policy (adopted from FNSW Feb 2011)**

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Applicable to all competition and events, association football and Futsal.  
(But excluding the Football NSW premier league competition where a separate policy applies.)

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

NSFA has considered several factors in the development of this policy including the ongoing popularity of summer football and increase in the temperature leading into winter season. The following is provided in accordance with information provided by Sports Medicine Australia.

### **Recommended temperatures for cancellation of games and training and other events including trial games, selection trials or any other physical activities.**

- Adults – Cancel or postpone events involving **Adults** at a temperature of 37°
- Children – Cancel or postpone events involving **Children** at a temperature of 32°

*Caution: These are maximum cancellation temperatures. Cancellation of games, training or events at lower temperatures may be necessary depending on local conditions and player's wellbeing and acclimatization. For the purpose of this policy a child is a person aged up to and including 16 years of age.*

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

- Refer to the SMA Hot Weather Guidelines
- Provide a copy of [Beat the Heat Fact Sheet](#) to players, parents and team officials.
- Provide information in relation to sun safety.
- Schedule games and training for cooler parts of the day or evening.
- Closely monitor weather forecasts and local weather conditions.
- Use a weather gauge, 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.

The following information is also available to assist you.

- [Hot Weather Guidelines](#)
- [Beat the Heat Fact Sheet](#)
- [Heat Stress Index](#)
- [SMA UV Exposure & Heat Illness Guide](#)
- [Sun Smart Resources](#)

The following website is also excellent for weather forecasts and information:  
<http://www.bom.gov.au/>– Bureau of Meteorology.