



## Weather Policy

This policy is intended for use only by clubs responsible for the conduct of football programs.

As a responsible organisation, the SANFL recognises that on occasion it will be necessary to modify training and

/Or playing conditions to minimise the risk of heat related stress or illness.

The following recommendations have been adapted from Sports Medicine Australia Guidelines. They are not binding, but the SANFL reminds all parties that they must act responsibly. A common sense approach is encouraged, in conjunction with utilising the most accurate and up to date information available when making decisions to protect the well-being of participants and officials.

### Community Club - Junior and Youth Training (5 -18 years)

Clubs and/or participating parties shall check the forecast temperature on the day prior to training session. Information should be obtained from the Australian Bureau of Meteorology. In the instance of conflicting information, information obtained directly from [www.bom.gov.au](http://www.bom.gov.au) will be considered the most accurate.

Based on the forecast temperatures, the following action is recommended.

Ambient Temperature	Risk of Heat Illness	Recommended Action
26 – 30 degrees	Moderate	Modify early pre-season training. Reduce intensity and duration of session. Increase frequency and length of breaks Ensure adequate water supplies are available.
31 – 35 degrees	High – Very high	Limit intensity. Maximum duration of 60min Increase frequency and length of breaks. Ensure adequate water supplies are available
36 degrees and above	Extreme	Postpone until conditions cool Cancel if necessary.

On the day, the coach or organiser may obtain more recent information from <http://www.bom.gov.au> and modify the session accordingly.

*Example:*

A Coach checks the forecast 24hrs prior to a 4:30pm training session and sees a predicted temperature of 38 degrees with a cool change expected in the afternoon/evening.

On the day of training, the Coach checks [www.bom.gov.au](http://www.bom.gov.au) at 3:30pm and temperature has dropped to 32 degrees. The training session may take place, modified in accordance with table above.

If no information is available to indicate that the temperature has decreased from the forecast 38 degrees, the training session should be postponed until further information is obtained or cancelled.

### Additional Notes

Young children are especially at risk in the heat.

Although children can acclimatise to exercise in the heat, they take longer to do so than adults.



Coaches should be aware of this and limit training for non-acclimatised children during exposure to hot environments.

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 or unwell. On no account should children be forced to continue if they appear distressed or unwell.

## **Community Club - Junior and Youth Matches (5 -18 years)**

Matches, including pre-season trial matches, shall be cancelled if the temperature on the Bureau of Meteorology website [www.bom.gov.au](http://www.bom.gov.au) is 34°C or greater one hour before training is proposed to occur or the match is proposed to be played.

Coaches and Team Managers shall provide additional drinks breaks during trial matches and minor round matches and actively encourage junior players to remain hydrated when the temperature is forecast above 25°C.

If in the opinion of the field umpire(s) that the temperature and humidity conditions have become unsafe for the players, they shall advise both Team Managers that they consider the conditions unsuitable for play and shall terminate the match.

### **Inclement weather requirements include:**

The field umpire(s) shall stop the match and order the players from the field if inclement weather conditions, which they consider poses a safety risk to players and officials, develop during the match. Inclement weather is defined in the [SANFL Juniors Rules & Regulations](#) as unstable weather characterised by lightning in the vicinity of the playing surface, hailstorm(s), extreme winds and the like.

The match shall restart when the field umpire(s) deem conditions to be safe to do so. The match shall be shortened to comply with the [SANFL Juniors Rules & Regulations section 8.15 Game Times \(refer to Abandonment of Matches 8.13\)](#).