



Extreme Weather Policy for Football Training

Objectives

1. To act in a manner that supports the best interests of players, coaches, volunteers, parents and supporters of the Walkerville Junior Football Club (WJFC).
2. To ensure clarity for players, coaches, volunteers, parents and supporters in regard to hot weather.
3. To provide all stakeholders with a clear framework enabling unambiguous decision making to promote sound health, safety and wellbeing outcomes for all players at the WJFC.

Guidelines/references

This policy has been formulated by referencing the SANFL Juniors Heat Policy which has been informed by Sport Medicine Australia guidelines based on risk and consequence.

Cancellations and/or adjustments are made in the best interests of players, coaches and parents.

All forecasts are from the Bureau of Meteorology website <http://www.bom.gov.au> and are taken from website on the day prior as at 4pm (eg Thursday's weather is forecast on Wednesday).

Adelaide forecast can be found at: <http://www.bom.gov.au/sa/forecasts/adelaide.shtml>

Policy

- If the temperature is forecast to be 26-30 degrees, trainings will be held with reduced duration and intensity with opportunity for more frequent rest and hydration breaks.
- If the temperature is forecast to be 31-34 degrees, trainings will be held to a maximum of 1 hour with reduced intensity and more frequent rest and hydration breaks enforced.
- If the temperature is forecast to be 35 degrees or greater, physical training will be cancelled.

*Exceptions

- Coaches may opt to hold team meetings, primarily for the sharing of information, up to a maximum of 30 minutes with the location decided at the reasonable discretion of the coach.
- Trainings scheduled before 11am may proceed only after consultation and agreement between the President, Football Director and the Coach.

Considerations may include location, meeting length, preceding weather conditions (e.g. 'Heatwave' or consecutive days of extreme heat) and relative humidity.

The table below provides a basic summary of the policy.

Temperature	Risk of Heat Illness	Recommended Action
26°C – 30°C	Moderate	Reduce duration and intensity of session. Increase frequency and length breaks.
31°C – 34°C	High – Very High	Maximum duration of 1 hour. Reduce intensity of session. Increase frequency and length of breaks. Ensure adequate hydration breaks.
35°C and above	Extreme	Cancel/postpone session (*some exceptions)