



SOUTHERN FOOTBALL LEAGUE

Hot Weather Policy

The Southern Football League Hot Weather Policy has been adapted from the SANFL Hot Weather Policy and will assist Member Club's volunteers, players, officials and spectators to undertake necessary action in cases of extreme hot weather. This is to prevent injury, and possible death, from heat illness by recognizing and managing potentially dangerous heat situations.

The Southern Football League recognizes that the risk of an elevated body temperature from high intensity sport in a hot environment is significant, and can lead to heat illness presented as heat exhaustion and heat stroke. The Southern Football League also recognizes that children are at a higher risk than adults. Symptoms can be worse if fluid replacement during exercise is inadequate which leads to fluid loss and dehydration.

Training/Competitions in Hot Weather

The Southern Football League & Member Clubs Head Trainer or person acting in this capacity where the Head Trainer is not available shall check the forecast temperature at 6pm the day before the event on the Australian Bureau of Meteorology website - www.bom.gov.au . Based on the forecast temperature, the following action will be taken regarding the event:

Ambient Temperature	Risk of Heat Illness	Recommended Management for sports activities
26 - 30	Moderate	All Grades Time interval between available drinks no more than 15minutes, with a break sufficient for all players to replenish fluids. Overall duration of session to be 60-90 minutes.
31 - 35	High - very high	Seniors: Time interval between available drinks no more than 15 minutes, with a break sufficient for all players to replenish fluids. Activity intensity to be reduced to moderate pace with breaks in intensity Overall duration of session to be 60-90 minutes Juniors: Outdoor activities modified with reduction in intensity and increased drink break sufficient for players to replenish fluids. Interval between breaks no more than 10 minutes with use of shade as much as possible. Overall duration of session limited 60 minutes. Sub Junior: All activities cancelled
36 and above	Extreme	Seniors: No outdoor activities to be conducted between 10am and 4pm. Water based activities or activities in air conditioned indoor facilities may be conducted but must be modified to prevent heat stress. Modified outside activity only in consultation with Head Trainer . All Junior and Sub Junior training cancelled

