

Heat Policy

Purpose	This policy outlines the procedures for managing extreme heat conditions during training sessions and match days to ensure the safety and well-being of all players, coaches, and staff. It aims to prevent heat-related illness and provides clear guidelines on when training or match preparation will be cancelled due to high temperatures.
Definitions	<i>CJFC – Croydon Junior Football Club</i>
Policy Overview	At CJFC, the safety of our players is our top priority. In the event of extreme heat, we will follow the guidelines below to ensure that players are not exposed to unsafe conditions during training sessions and match days.
Heat Threshold for Cancellation	Training sessions and practice matches will be cancelled if the temperature reaches 35°C or higher at the time of training or the scheduled match. This threshold has been set based on advice from health and safety experts regarding the risk of heat-related illnesses.
Procedure for Cancellation	Monitoring of Weather Conditions The club will monitor the weather forecast leading up to training and practice matches. The official temperature will be sourced from [local meteorological service or temperature source] at [specific time] on the day of training or match day. The decision to cancel will be made based on the temperature at this time. Notification of Cancellation If Training/Practice Match is Cancelled Before the Session: Parents and players will be notified via text message, social media, 2 hour before , on the day of training or match day. If Training Needs to Be Cancelled During the Session: In the event of a sudden temperature rise during training or a match, coaches and officials will suspend the session or match immediately. Parents will be informed of the cancellation through text message, social media. Rescheduling If training or a practice match is cancelled due to heat, the session may be rescheduled at the coach's discretion, depending on availability and convenience. Training Sessions Below 35°C: - Heat Safety Guidelines If training or practice matches continue below the 35°C threshold, the following safety measures will be implemented: Frequent Breaks: Players will have regular, scheduled water breaks, at least every 10-15 minutes, to stay hydrated and cool. Shade and Hydration: Water will be provided, and shaded areas will be made available for players to rest. Sunscreen: Sunscreen will be available for all players. Players are encouraged to apply sunscreen before training and during the session to protect themselves from harmful UV exposure. Modified Training: In extreme heat, training intensity may be reduced, or drills may be modified to avoid excessive physical exertion. Appropriate Clothing: Players are encouraged to wear light-colored, moisture-wicking clothing and hats for sun protection. Monitoring of Players: Coaches will closely monitor players for signs of heat exhaustion, including dizziness, nausea, or extreme fatigue. Any player showing symptoms will be immediately removed from the session.

Game Day Considerations	If a March practice match or other scheduled game day falls on a hot day with temperatures reaching or exceeding 35°C: • The club will evaluate conditions and make a final decision regarding whether to proceed with the match. • If the game continues despite the heat, the same safety measures applied to training (frequent breaks, hydration, etc.) will be enforced. • The club will ensure that both teams are provided with water and adequate breaks during the match.
First Aider on Site	A qualified first aider will be present at all training sessions and practice matches to monitor the health and well-being of players. The first aider will be responsible for assessing any potential signs of heat-related illness and for providing immediate care as needed. If a player is unwell, the first aider will take appropriate action, including removing the player from the session or match.
Duty of Care by the Club	The club has a responsibility to ensure the safety of all players. By adhering to this heat policy, the club demonstrates its commitment to providing a safe environment where players can enjoy football without the risk of heat-related illnesses. All coaches, players, and parents are encouraged to work together to ensure that safety guidelines are followed.
Coaching Staff Responsibilities	• Ensure all players are informed about the heat policy and the importance of hydration, sunscreen, and sun safety. • Stop the session or match immediately if signs of heat illness are observed. • Always prioritize the health and safety of the players over training objectives.
Conclusion	The CJFC is committed to ensuring the safety of all participants during extreme weather conditions. By adhering to this heat policy, we aim to reduce the risk of heat-related illnesses and ensure that our young athletes can enjoy their football experience in a safe environment. For any questions regarding this policy, please contact croydonjnr@efnl.org.au.

Policy Date: [Insert Date]

Reviewed By: [Club Name] Management

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