

Beaumaris Football Club

Banksia Reserve, Oak Street
Beaumaris VIC 3193
www.beaumarisfc.com.au



HEAT POLICY

(February 2017)

Application: Juniors Training (Pre Season and In Season)

Policy Statement:

The Beaumaris Football Club considers it essential to monitor environmental factors such as extreme heat at any football training session administered by the Club. The Club has considered the heat stress risk by reviewing information provided by relevant authorities. Heat stress management strategies will be applied at all training sessions administered by Club Officials.

Heat stress and injury can lead to impaired player performance, physical distress e.g. Dizziness, headaches, collapse and illness. In its extreme form it can be life threatening. Preventing heat stress and injury is taken into account to ensure player welfare is an absolute priority. To prevent heat stress, careful consideration of environmental factors is to be undertaken and measures put in place to manage players' exposure. This is the purpose of this statement.

Policy Implementation.

* **If the temperature is equal to or greater than 36°C training will be cancelled, unless that session is being undertaken at the beach or a pool. The temperature reference will be as stated on the website below.**

<http://www.weatherzone.com.au/vic/melbourne/beaumaris>

* **If the temperature is between 32-35°C the club will consider the reduction in the length of the training session whilst also including cooling strategies such as more frequent drink breaks and providing icy poles, cold towels etc. In this instance, a common sense approach should be utilised with the welfare of the players being the priority.**

All players will be expected to attend Pre Season training with a suitably sized drink bottle, and in appropriate attire. The Club will also provide drink bottles for players' usage. It is the responsibility of the player to apply sunscreen prior to undertaking training, and reapply if deemed necessary, and bring a hat.

If a player has been unwell prior to the training session, and heat is an issue, they should not participate.

If a player at any time feels unwell and suffers dizziness, headache, heat rash, heat cramp, fainting, excessive sweating, nausea or vomiting, they should immediately stop and advise the person supervising training instantly.