PORT LINCOLN FOOTBALL LEAGUE INC.

ABN 44 767 209 429
PO BOX 1517
Centenary Oval, Port Lincoln, SA
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www.plfl.com.au

PLFL Heat Policy

January 2022

Matches

Matches, including pre-season trial matches, shall be cancelled if the temperature on the Bureau of Meteorology app is forecast to be 34°C or greater at the time of the scheduled start time of the match. The decision to cancel a match will be made based upon the forecast temperature as at 5 hours prior to the scheduled start time of the match.

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 their opinion of the field umpire(s) 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.

The match may restart when the field umpire(s) deem conditions to be safe to do so in accordance with AFL Law (2021) 11.1.2.

Match unable to commence:
When a match is unable to commence, the match will be abandoned and result declared a draw. Each team will be awarded one (1) premiership point and a score of thirty (30) for and nil (0) against.

Training

Club training sessions must be conducted in accordance with the SANFL Community Club Heat Policy.

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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 (www.bom.gov.au). In the instance of conflicting information, information obtained directly from 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°C	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°C	High – Very high	Limit intensity. Maximum duration of 60min. Increase frequency and length of breaks. Ensure adequate water supplies are available.
36°C and above	Extreme	Postpone until conditions cool. Cancel if necessary.

On the day, the coach or organiser may obtain more recent information from 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°C, with a cool change expected in the afternoon/evening.

On the day of training, the Coach checks www.bom.gov.au at3:30pm and temperature has dropped to 32°C. 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°C, 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.**

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Senior Training (Community Club & SANFL including SANFL U16 & U18)
A common sense approach should be taken when conducting training in the heat. Training intensity and activities should be appropriately modified to ensure the safety and well-being of participants. *For elite youth training sessions, the information detailed in Community Club - Junior & Youth Training should be considered.*

In moderate risk conditions players should be rested for at least 10 minutes per hour.
In high risk conditions players should be rested for at least 15 minutes in an hour.

The benefits of rest breaks should be maximised by:

- Reducing clothing and resting in shade provided by trees, buildings or portable structures
- Assisting evaporative cooling with fans; wetting the skin, applying ice packs to groin and armpits
- Drinking cool water or sports drinks
- Withdrawing players who feel unusually fatigued or who appear distressed from the activity.

Where practical training could be moved to the beach or local pool. In extreme heat, postponement or cancellation should also be considered.

Matches
The individual league/association heat policy will apply to the conduct of matches. These should be developed with consideration for the above guidelines.

SANFL facilitated competitions are detailed overleaf.

More information
The full SMA Guidelines document is available here, or within the "Resources & Advice" section of the SMA website sma.org.au

Smartplay "Drink Up" brochure for avoiding dehydration (www.smartplay.com.au)