

GAZA SENIOR FOOTBALL HEAT POLICY

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Game Day Hot Weather Policy (as per the SAAFL Heat Policy 2009/10)

- When the forecast temperature of the day of competition is 38 degrees or over, as specified on the radio news at 8.00am on the morning of the match, the match shall be cancelled or rescheduled
- When the forecast temperature of the day of competition is 32 – 37 degrees as specified on the radio news at 8.00am on the morning of the match, the Heat Policy shall apply.
- The Heat Policy also applies for trial and internal scratch matches.

Training Session Heat Policy (as per Gaza Senior Football & Club Committee Procedures)

- **All teams will abide by the forecast for all training sessions, as at 5.00pm on the evening of that training session, as stated by the Bureau of Meteorology.**
- **If the forecast weather temperature for the training day session is 32 – 35 degrees Celsius**, training will continue as normal, however session will consist of extra drink and cool down breaks.
- **If the forecast weather temperature for the training day session is 36 – 37 degrees Celsius**, the training session will be reduced in time; not more than 60 mins; with intensity reduce, and consist of extra drink and cool down breaks.
- **If the forecast weather temperature for the training day session is 38– 39 degrees Celsius**, training will be relocated into a cooler environment – beach, pool, air-conditioned gym, inside clubrooms for team meetings, etc. If this is not possible, then training will be CANCELLED.
- **If the forecast weather temperature for the training day session is 40 degrees Celsius or above**, that training session will be CANCELLED.

Regular and effective drinking practices should become habitual to all athletes before, during and after activity.

It is your responsibility to hydrate sufficiently.

DRINK UP ROUTINE

Avoid starting exercise dehydrated. Drink plenty of fluids for several hours prior to exercise. If you are well hydrated you should be able to pass a good volume of clear urine in the hr before exercise.

- Aim to drink 3L on each of the 2 days prior to training and games.
- Drink at least 500ml (2-3 glasses) 1/2 to 1 hour prior to exercise.
- Drink at least 200ml (1 glass) every 10-15 minutes during exercise.
- During exercise take advantage of all breaks in play to drink up.

After exercise drink 1.5 times your fluid deficit to ensure you are fully rehydrated.

1kg lost = 1 litre of fluid deficit.

Policy drafted 10th Nov, 2009, and accepted by the Gaza Sports & Social Committee