

NORTH QUEENSLAND FOOTBALL LIMITED MEMO 2/17



TO: Junior Clubs
FROM: NQ Football
SUBJECT: Townsville Heat Conditions
DATE: 16th January, 2017

NQ Football have put several procedures in place to reduce the risk of heat stress to not only players but referees, officials, volunteers and family members. Portions of the below information has been sourced from Sports Medicine Australia (SMA) and you can view the entire document at:

<http://sma.org.au/wp-content/uploads/2009/05/hot-weather-guidelines-web-download-doc-2007.pdf>.

Any games held at Brolga Park before the Easter Break will follow the below guidelines.

- ◆ NQ Football staff will monitor the WBGT (Wet Bulb Globe Temperature) during Game Days and if the WBGT exceeds 30 all teams will be asked if they wish to continue or abandon their games. Please be mindful that while the Ambient Temperature might exceed 30°C, it is the WBGT that NQ Football will be monitoring closely.
- ◆ During the NQ Qualifying Rounds all Competitive games will only be 30 mins duration.
- ◆ Competitive teams will all have their games reduced by 5 or 10 minutes (dependant on age) each half so that no team is playing longer than 30 minute halves. This may be adjusted further if necessary.
- ◆ Games scheduled BEFORE Easter may rotate so the same age group does not play in the middle of the day.
- ◆ ALL teams MUST take extra drinks breaks. This does NOT get added on to your game time. If for eg, you are a non-competitive team and you play 15/20 minute halves—have another short 1 minute break at 7/10 minutes. If you are a competitive team and play 30 minute halves you may choose to have a quick drinks break every 10 minutes. Non-competitive teams, please discuss with the opposition coach/manager when you would like your break. Competitive teams—please advise your referee when you want your breaks BEFORE the game starts.
- ◆ If a player is removed from the field due to suspected heat stress they must NOT return to the field of play and you are encouraged to seek assistance from SportsMed personnel located between the change rooms at the end of Field 2.
- ◆ There will be an iced water container available in the canteen for ALL players, families etc to refill water bottles.
- ◆ NQF may schedule competitive games Friday, Saturday or Sunday night.

In addition to the above steps, we ask for your assistance with the below. There are several factors which could increase the risk of heat stress and if we follow the below steps, the risk is minimal.

- ◆ Adequately Hydrate — ensure that players re-hydrate before, during and after games
- ◆ Promote the use of soft brimmed bucket hats before, during and after games
- ◆ Lower Core Temperature — During half time/subbing/full time, towels soaked in icy water placed on players heads/necks, cool water misted over players and ice slushies have all shown to lower core temperatures and decrease risk of heat stress
- ◆ Fitness— players that have poorer fitness levels or have increased weight will require more interchanges/breaks
- ◆ If you suspect a player may be affected from heat stress, remove them from the field immediately and seek assistance from SportsMed personnel. This player may NOT return to the field of play
- ◆ Where possible, utilise shade structures around Brolga Park during half-time

HEAT EXHAUSTION

- ◆ Characterised by a high heart rate, dizziness, headache, loss of endurance/skill/confusion and nausea
- ◆ The skin may still be cool/sweating, but there will be signs of developing vasoconstriction (pale colour)
- ◆ The rectal temperature may be up to 40°C and the athlete may collapse on stopping activity. Rectal temperature should only be measure by a doctor or nurse

To avoid heat exhaustion, if people feel unwell during exercise they should immediately cease activity and rest. Further benefit comes if the rest is in a shaded area with some passing breeze (from a fan if necessary) and the person takes extra hydration. Misting or spraying with water can also help.

HEAT STRESS

- ◆ Characteristics are similar to heat exhaustion but with a dry skin, confusion and collapse
- ◆ Heat stroke may arise in an athlete who has not been identified as suffering from heat exhaustion and has persisted in further activity.
- ◆ Core temperature measured in the rectum is the only reliable diagnosis of a collapsed athlete to determine heat stroke

This is a potentially fatal condition and must be treated immediately. It should be assumed that any collapsed athlete is at danger of heat stroke. The best first aid measures are “Strip, Soak, Fan”:

- ◆ Strip off any excess clothing
- ◆ Soak with water
- ◆ Fan
- ◆ Ice placed in groin and armpits is also helpful

The aim is to reduce body temperature as quickly as possible. The athlete should immediately be referred for treatment by a medical professional.

It is important to note that heat exhaustion/stroke can still occur even in the presence of good hydration.

WBGT	Possible Modifying Action for Vigorous Sustained Activity
21-25	Increase vigilance Caution over-motivation Moderate early pre-season training intensity and duration. Take more breaks
26-29	Limit intensity. Limit duration to less than 60 minutes per session

Ambient Temperature	Possible Management for Sustained Physical Activity
31-35	Limit intensity, take more breaks. Limit duration to less than 60 minutes per session.
36 and above	Postpone to cooler conditions or cancellation

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