

Tarneit North Football Club Football Victoria (FV) Heat Safety Policy



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TARNEIT NORTH FOOTBALL CLUB

Football Victoria (FV) Heat Safety Policy

1. Purpose

Tarneit North Football Club is committed to ensuring the safety and wellbeing of all participants during hot weather conditions. This policy aligns with Football Victoria (FV) guidelines to minimise the risks associated with heat exposure.

2. Policy Statement

Extreme heat can pose serious health risks. All club activities must be managed appropriately to ensure player safety, with modifications or cancellations made when conditions become unsafe.

3. Heat Risk Awareness

High temperatures can lead to heat exhaustion, dehydration, and heatstroke. All members must be aware of the risks and take appropriate precautions during hot weather.

4. Monitoring Conditions

The club will:

- Monitor weather forecasts and temperature conditions
- Consider heat index and environmental factors (humidity, sun exposure)
- Follow FV recommendations regarding extreme heat

5. Modifications to Activities

During hot conditions, the club may:

- Reduce training intensity and duration
- Schedule additional rest and hydration breaks
- Modify or reschedule training sessions or matches
- Cancel activities if conditions are deemed unsafe

6. Hydration

All participants must:

- Drink water before, during, and after activity
- Bring personal water bottles to training and matches
- Avoid sugary or caffeinated drinks that may increase dehydration

7. Player Safety

Players must:

- Wear appropriate clothing for hot conditions
- Use sunscreen where appropriate
- Report any symptoms of heat-related illness immediately

8. Signs of Heat Illness

Members should be aware of symptoms such as:

- Dizziness or weakness
- Nausea or headaches

- Excessive fatigue
- Confusion or collapse

Immediate action must be taken if symptoms occur.

9. Responsibilities

Coaches, managers, and officials must:

- Monitor players for signs of heat stress
- Ensure adequate breaks and hydration
- Stop activities if safety is compromised

10. Compliance

All members must comply with:

- Football Victoria (FV) heat guidelines
- Football Australia (FA) recommendations
- Tarneit North Football Club policies

11. Commitment

Tarneit North Football Club is committed to prioritising the health and safety of all participants by managing heat risks and ensuring a safe playing environment.