Aveley Junior Football Club Inc.
A.B.N. 81 603 471 751 | www.aveleyfootballclub.com.au
Turkich Parade Oval, Bolero Road, Aveley | PO Box 2379, Ellenbrook WA 6069

Environmental Conditions Policy

Heat

Vigorous exercise in sport places some people at risk of heat illness. Even in cool weather, heat illness may occur in people exercising at high intensity for more than about 45 minutes. The risk of heat illness is obviously greater in hot and humid weather because:

- during high intensity exercise in hot weather, people may not be able to produce enough perspiration for adequate cooling;
- high humidity may prevent adequate evaporation of sweat.

Children perspire less and get less evaporative cooling than adults. In warm and hot weather, they have greater difficulty in getting rid of heat; they look flushed and feel hotter and more stressed than adults. Overweight children are particularly disadvantaged exercising in warm weather.

Children should always be allowed to exercise at their preferred intensity, they should never be urged to exercise harder or compelled to play strenuous sport in warm weather. If children appear distressed or complain of feeling unwell, they should stop the activity.

In high temperatures and humid conditions, AJFC will consider postponing to a cooler part of the day or cancelling scheduled matches or training.

FLUID BALANCE

Substantial amounts of water are lost through perspiration when exercising vigorously in the heat, hence fluid balance is important at any time but needs more attention in some weather conditions. Junior participants do not instinctively drink enough to replace fluid lost during activity.

Junior participants will be reminded to drink before, during and after training and competition.

- Water is the most appropriate drink for rehydration. However, diluted cordial or sports drinks may be supplied. Flavoured drinks may be more palatable to children who have consistently poor drinking habits during exercise, although water should be the preferred drink of choice for junior participants as children don't require the additional sugar contained within sports drinks.
- Players are encouraged to have their own drink bottles. This ensures that each player has access to an adequate level of replacement fluids and reduces the risk of contamination and passing on of viruses.

SUN PROTECTION

AJFC has a responsibility to protect junior participants, to the greatest extent practical, from the dangers of sun exposure.

Junior participants are encouraged to protect themselves against sun exposure by applying a 30+ sunscreen in warm weather.

Cold

In extremely cold temperatures, AJFC will consider postponing or cancelling scheduled matches. The WAFC and AFL recommends that clubs apply common sense guidelines to climatic conditions that exist within their respective regions.

LIGHTNING

The AFL has produced a lightning policy for adoption by junior leagues and clubs. The policy provides a step-by-step process to assist volunteers when making the difficult decision to postpone matches and or remove participants from the playing surface. The full policy can be found at www.aflcommunity.com.au Please also refer to the Inclement Weather By-Law.

Date	Item
March 2019	**Drafted**
April 2019	**Adopted by Committee**
April 2020	**Review**