



HEAT GUIDELINES CHECKLIST

Determine the point score for each item. (Some categories may not be exactly to your needs so you will need to use common sense, if in doubt choose higher value in order to err on the side of caution.)

1. Temperature		7. Time between available drinks	
<u>Ambient Temperature</u>		Less than 15 minutes	2
< 25 degrees	2	15 to 25 minutes	4
25 – 31 degrees	10	25 to 35 minutes	6
32 – 37 degrees	14	35 to 45 minutes	8
38 degrees and above	20	45 minutes plus	10
Your Score		Your Score	
Or <u>WBGT</u>		8. Time of the event	
< 23 degrees	2	Before 9am	2
23 – 27 degrees	10	After dark	2
28 – 29 degrees	14	9am until 11am	5
30 degrees and above	20	3pm until sunset	5
Your Score		11am until 3pm	10
2. Overall duration of event		Your Score	
Less than 30 minutes	2	9. Surface Type	
30 to 60 minutes	4	Water	1
60 mins to 2 hours	6	Grass	2
Greater than 2 hours	8	Boards	4
Your Score		Sand	6
3. Individual Intensity during the event		Synthetic surface	6
Easy pace throughout	2	Asphalt	8
Moderate pace, breaks in intensity	4	Your Score	
Moderate pace throughout	6	10. Venue	
Sustained effort with some breaks	8	Indoor air conditioning	1
Sustained effort throughout	10	Indoor no air conditioning	4
Your Score		Outdoor	8
4. Acclimatization of Participants		Your Score	
Used to hot weather conditions	2		
Used to warm weather	5	Score Total	
Used to cool/cold conditions	8		
Your Score			
5. Athletic ability of individuals		Other Factors To Consider	
Elite fitness levels	2		
Good fitness levels	6	Predisposed medical conditions of individual participants:	
Moderate fitness levels	6		
Low fitness levels	8	Asthma, diabetes, heart condition, pregnancy, etc.	High
Your Score		Virus, flu, gastro, etc.	Extreme
6. Age of Participants			
18 to 30	2	Shade available during breaks	Yes / No
13 to 17	5	Water freely available at venue	Yes / No
30 to 40	5	Sports Trainer/First Aid person on site	Yes / No
Over 40	8	Individual body fat of participants	High/Low
Under 13	8		
Your Score			

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RECOMMENDED GUIDELINES FOR SPORT

Above 75	Recommended that you cancel your event, training and physical activity
66 to 74	Recommended that you cancel or reschedule your event, training or physical activity if <ul style="list-style-type: none">▪ The WBGT is above 30 or▪ The ambient temperature is above 38.▪ The age of participants (inc. officials) gets a point value of 8 (Children & Veterans) If this is not the case and the event goes on then: <ul style="list-style-type: none">▪ Extra breaks should be allowed.▪ Shade should be provided.▪ Airflow should be considered, including fans in change rooms or placed appropriately. Promotion of fluid replacement should be actively encouraged, (e.g. through announcements or via officials)
56 to 65	Recommended that play may go ahead, BUT <ul style="list-style-type: none">▪ Extra breaks should be allowed.▪ Shade should be provided.▪ Airflow should be considered, including fans in change rooms or placed appropriately. Promotion of fluid replacement should be actively encouraged, (e.g. through announcements or via officials).
55 and below	Recommend play with usual fluid replacement measures in place.
	Sporting groups and individuals should note that cancellation of events or withdrawal from participation may be appropriate even in circumstances falling outside of these recommendations.

The information in this guideline is of a general nature. Individual circumstances may require modification of general advice from an appropriate health professional e.g. doctor, physiotherapist, podiatrist or dietician.

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