

## **FUTSAL OZ EXTREME HEAT POLICY**

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Melbourne is a city known for its varied weather and extreme heat, particularly in the summer months during January and February.

Futsal Oz recognises the dangers of extreme heat and the need to ensure that there are appropriate policies and procedures in place to mitigate risks to players, officials, coaching staff and spectators at all of our tournaments and competitions should an extreme heat event occur.

The objective of the Extreme Heat Policy (Policy) is to:

- protect the health, safety and well-being of persons who participate in Futsal Oz tournaments and competitions.
- ensure venues are safe places to play, spectate and officiate so far as is reasonably practicable, and,
- provide a defined process to any event, tournament and competition organisers on managing extreme heat conditions.

### **Extreme Heat and Thermal Comfort**

Vigorous movement, such as playing sport, places some people at greater risk of heat illness, especially in hot weather and/or in high humidity. If untreated, heat illness can lead to the more serious and potentially life-threatening conditions, including heat stroke.

### **Measurement of Thermal Comfort Level**

Air temperature is an indicator of how comfortable it would feel when playing sport, however the air temperature is only one factor in the assessment of thermal stress.

Other factors, principally humidity, can vary widely day to day and should be considered for a more realistic assessment of comfort. It is useful to condense the extra effects into a single number and use it in a similar way to the measurement of air temperature.

The Wet Bulb Globe Temperature (WBGT) is a recognised standard and the measurement which is applied by Futsal Oz event organisers to determine the base level Thermal Comfort.

### **Determining the Thermal Comfort Level – (WGBT Shade Column)**

To ensure all tournaments and competitions conducted by Futsal Oz are consistent, the 'Thermal Comfort Level' must be taken from the Bureau of Meteorology (BOM) Website.

The reading shall come from the weather station closest to the location of the event (measured using the shortest path between two points) and always taken from the **WGBT Shade** column. It is also important to note that futsal is an indoor sport and not subject to direct sunlight which other outdoor sports also use this WGBT Shade column as their reference point.

For ease of reference, the Bureau of Meteorology URL for Victoria is <http://www.bom.gov.au/products/IDV65079.shtml> and the following table outlines the closest Station Name to be used:

<b>Futsal Oz Stadium</b>	<b>Station Name</b>
Brunswick Futsal Oz Stadium	Melbourne (Olympic Park)
Mt Evelyn Futsal Oz Stadium	Coldstream
Thomastown Futsal Oz Stadium	Essendon Airport

## **Extreme Heat Procedures**

The following procedures have been developed and must be applied by the competition organisers as soon as they become aware that the WBGT reading exceeds the thresholds determined below.

### **1. Introduction of Additional Drink Breaks**

When the WBGT shade reading exceeds 26.0 °C, an environmental assessment shall be undertaken and consideration should be given to altering the match format at:

- a) the completion of the first half for matches in progress, or
- b) both halves for matches which are yet to commence.

A compulsory one-minute 'mid-half' break (half way into each half of a match) will allow players, managers and referees the opportunity to rehydrate.

For the purpose of determining a match result, a match shall be considered having been played in full, if a match is stopped at the completion of the first half or a draw if stopped during the first half.

### **2. Suspension of Matches**

When the WBGT reading exceeds 34.0 °C –

- a) matches in progress shall be suspended at the completion of the current half, and
- b) new matches must not commence until the WBGT is less than 34.0 °C.

Tournament and competition organisers will communicate to all team managers, and notify all teams via social media and stadium correspondence of changes required to fixtures and other affected scheduled matches.

For the purpose of determining match results for rounds partly affected by the Futsal Oz Extreme Heat Policy, teams who have already played a match in a particular round are entitled to keep their relevant points for having played their match. All other teams in the league/competition who are unable to play due to unplayed or cancelled matches shall be awarded zero points.

### **Further Reading**

The Bureau of Meteorology defines the shade WBGT as follows:

*The shade WBGT is calculated for an environment shaded from direct (and strong reflected) solar radiation and where surfaces are not significantly hotter or colder than the indicated air temperature.*

*The WBGT values displayed [on the BOM website] should be used in conjunction with guidelines provided by Sports Medicine Australia (SMA).*

The Sports Medicine Australia National Hot Weather Guidelines (PDF document) can be found on the Bureau of Meteorology website or direct at <https://sma.org.au/sma-site-content/uploads/2009/05/hot-weather-guidelines-web-download-doc-2007.pdf>