**Youth Hot Weather Guidelines **

**These guidelines have been developed to:**

 Raise awareness throughout the about the issues associated with exercising and/or competing in hot and humid conditions.

 Provide information so that event managers, coaches, officials, parents and can take common sense steps to minimise the extra risks that arise when exercising in hot or humid weather.

 Help event managers, coaches and officials to decide whether an event or training should be modified or cancelled and when it is safe to compete or train in the heat.

It is the responsibility of St Ives Town FC managers , coaches, parents/guardians and other relevant individuals to read and understand these guidelines and seek further clarification from St Ives Town FC as required.

**Young Children and Hot Weather**

Young children are especially at risk in hot weather. Prior to puberty, a child’s sweating mechanism, which is essential for effective cooling of the body, is poorly developed. Also, a child’s ratio between weight and surface area is such that the body absorbs heat rapidly. Sensible measures, as outlined in these guidelines, need to be taken to protect players from over-exertion in hot weather.

**What you/ managers and coaches need to provide:**

* Shelter where possible under trees or sun shade
* Ensure the player has plenty of available fluids to drink
* Sun Screen so the players can apply regularly (managers and coaches cannot supply or apply)
* Sun Hat if required
* Regular drinks breaks. Please remind parents under covid 19 we cannot supply and water bottles, the players must bring at least 2 drinks
* Light loose fitting clothing

**What is a Heat Illness?**

A heat illness in sport may present itself in a variety of forms including heat exhaustion and the more severe heat stroke.

**Signs**

Some common signs of heat illness that may be seen in Little Athletes are listed below in order of increasing seriousness/severity:

* Dizziness (light headedness).
* Complaining of being hot and appearing distressed.
* Appearing exhausted or weak (fatigued); needing help to stand.
* Stumbling, unsteady, clumsy, falling.
* Collapse – unable to stand; and usually accompanied by some degree of confusion / drowsiness.
* Collapse - altered consciousness ranging from confusion, drowsiness through to unconsciousness.

NOTE: Some of these signs are also seen in children who have pushed themselves and are distressed at the end of their training or match, but are not due to a heat illness.

**Treatment of a Heat Illness**

Participants who show any signs of a heat illness should be stopped and removed from the activity immediately.

* Lay the person down to rest in a cool shaded area with some air circulation.
* Raise the legs and pelvis if possible.
* Remove excess clothing.
* Cool the person by wetting, misting or spraying the skin with water and fanning vigorously.
* Apply ice packs to the neck, armpits and groin.
* Give them cool water if they are conscious.

If the person does not quickly recover and remains seriously ill, confused, vomiting or shows signs of altered consciousness call an ambulance 999 immediately and seek medical help. Continue cooling the person.

Inform parents/ carers Immediately

Record in the Accident/ Incident book

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