



Tattenhoe FC Inclement Weather Policy

June 2023

Our number one priority is the safety of our players. Sometimes, to keep players safe due to conditions of the pitch or adverse weather – it is necessary to cancel or abandon a football game or event.

Whilst Tattenhoe FC will always assess and communicate decisions around games and player safety – it is the responsibility of parents and carers to ensure that children and young people are dressed accordingly for the weather conditions when activities go ahead.

Football can be played in very cold / wet conditions and your children need to be suitably dressed. Please take note of the following points:

We recognise as a club that it is difficult during cold weather for players on the touchline so we will as a club endeavour to rotate substitutes where possible, so players are not stood still in cold or wet weather for prolonged periods.

As a minimum, your child should come to training and matches during winter months with a coat/training jacket to wear above their kit. Under kit thermals are also highly recommended.

Please encourage gloves and hats to be worn during training, however during matches hats will not be allowed except for goal keeper caps (and other head coverings as per the FA policy) [Law 4 - The Players' Equipment \(thefa.com\)](#)

During hot weather please make sure your child has plenty of sun cream on and a full water bottle.

Hats can be worn when not playing and coaches should attempt to find shady spots for rest for example in breaks between games during tournaments.

Pitch & Weather Conditions

Games will be cancelled for the following reasons:

- Very hot weather: dangerous for players safety
- Frozen and/or Rutted Pitch: dangerous for players safety
- Waterlogged Pitch: dangerous for players safety
- Snow Covered Pitch: pitch markings and match ball need to be seen
- Fog: When the referee can't see both goals from the centre circle

Our pitches are inspected several times per week and wherever possible pitch closures will be communicated with plenty of notice however sometimes it is impossible to predict how the pitch will be on the day.

Decisions around pitch safety are collaborative between the committee, parish council, pavilion staff and referees.

Home Ground: Tattenhoe Sports Pavilion, Holborn Crescent, Tattenhoe, MK4 3EQ

Registered Charity Number 1185837



Tattenhoe FC



Every effort is made and time is volunteered to keep our pitches in excellent condition however it may be necessary to limit use to maintain these standards and during these times league matches will take priority over training and friendlies.

Ensure you keep an eye out for twitter, Facebook, emails or text messages / whatsapp groups relating to cancellation of matches or training and communicate with your players and families as soon as possible.

This policy applied to matches and events that Tattenhoe Football Club are hosting. When playing away, risk assessments will be done by the hosting team. If you are concerned about taking your team to play in an away game that is going ahead outside of our policy, please speak with club welfare officer / club secretary for support in making a safe decision.

Hot Weather

If the temperature at kick off is forecast to be 32C or higher for junior matches, Tattenhoe Football Club will reschedule a match and withdraw approval of a friendly match.

Playing sport in temperatures at 32 degrees or higher for children can be dangerous.

WGBT stands for Wet Bulb Globe Temperature, which is a measure of heat stress on the human body in direct sunlight. It considers the temperature, humidity, wind speed, sun angle and cloud cover.

Most grassroots football clubs do not have specialist equipment to measure this accurately and we use air temperature and recommend using the MET Office website or app [Weather and climate change - Met Office](#). This website will also provide timely weather warning information.

For more information about the MET office measures temperature see: [How we measure temperature - Met Office](#)

Children who play sports or are physically active in hot weather can be at risk for heat illnesses including dehydration and heat stroke.

Children sweat less than adults. This makes it harder for children to cool off and so needs to be managed carefully.

If the temperature at kick off for any junior match is forecast to be 30 or 31C, or 34C or higher for senior matches, a drinks break must be held in each half of the match. The timing of the drinks break is at the discretion of the match official but should occur, where possible, approximately two-thirds of the way through each half. This is due to the players being able to hydrate more appropriately prior to the start of the half, with the drinks break providing a “top-up” opportunity before half time or the end of the match.

The committee will check the temperature regularly during the hotter months and will where possible aim to schedule training / matches to a time where the session can be completed by 11am or started after 5pm.

Often the temperature inside the 3G will be much higher than the air temperature – this will be monitored and measured by pavilion staff frequently during hot weather.



Tattenhoe FC



Coaches will encourage to get players to drink fluids prior to, during and after all matches and training sessions to avoid dehydration and for rehydration following strenuous activity.

Where possible, we will provide a shaded area for participants during breaks in matches and training sessions.

To avoid heat exhaustion if participants feel unwell during exercise they should immediately stop and rest.

Further benefit comes if the rest is in a shaded area with some passing breeze (from a fan if necessary) and the person takes extra hydration. Misting or spraying with water can also help.

Heat stroke is a potentially fatal condition and must be treated immediately. It should be assumed that any collapsed participant is at danger of heat stroke. The best first aid measures are “strip/soak/fan”: a) Strip off any excess clothing. b) Soak with water. c) Fan.

Ice placed in groin and armpits is also helpful.

The aim is to reduce body temperature as quickly as possible. The participant should immediately be referred for treatment by a medical professional. It is important to note that heat exhaustion or heat stroke can still occur even in the presence of good hydration.

Storms

In the event of thunder and lightning, or extreme winds and rain, outside activity will stop and people ushered to an area where players can shelter safely.

If the weather makes playing unsafe, it should be abandoned.

Football matches can always be rescheduled – player safety is always the priority.