



## Summer Outdoor Hockey – Heat Advice and Guidelines

### 1. As a general rule, evening matches/trainings will not be cancelled.

Reasons:

- Temperature can vary at different grounds
- Temperature can vary between match/training times.

What teams/coaches may decide to do for high temperature evening matches/training (at the discretion of the two captains/coaches or umpires):

- Agree to record a 0-0 draw and cancel the match
- Agree to amend the match playing times eg. play shorter halves; play 3 or 4 shorter sessions so that regular breaks are possible
- Agree to modify training length or periods
- Include regular drink breaks

### 2. CANCELLATION of Day-time programs/training/matches

Doncaster HC consider a forecast of temperatures greater than **36 degrees Celsius excessive**.

In the event that the temperature of any day-time program is excessive (as per the forecast provided), Doncaster will call a General Cancellation to all matches/programs for that day. A general cancellation will be published 2 hours prior to commencement of that program on the DHC website home page and Facebook page.

### 3. Doncaster Hockey Club acknowledges that skin cancer and heat illness are largely preventable.

Hints for coping with the heat:

- a. Use common sense – listen to your body and stop or slow down if you feel unwell or light-headed and dizzy
- b. Make sure you have access to cool drinking water and keep topping up your fluid consumption
- c. Wear a soft brim hat
- d. Use sunscreen

Heat illness in sport presents as heat exhaustion (more common) or heat stroke (rare but life threatening). Symptoms may include light-headedness, dizziness, nausea, obvious fatigue or loss of skill and coordination, unsteadiness, cessation of sweating, confusion, aggressive or irrational behaviour, collapse or ashen grey pale skin.

For more information on how to beat the heat Sports Medicine Australia provides further information:

[Beat the Heat Fact Sheet Hot Weather](#)

[Hot weather Guidelines for coaches, parents and players](#)