

MATCH DAY DECISION MAKING FRAMEWORK





OPERATIONAL THRESHOLD ACTIONS

High-Risk Temperature Actions

At **30°C** and above, junior football ceases and adult matches postpone unless heat mitigation is ensured to prevent heat illness.

Elevated-Risk Measures

Between **27–29°C**, activities continue with cooling breaks, shade, hydration, and close monitoring by staff for safety.

Moderate-Risk Precautions

From **24–26°C**, normal activities proceed with emphasis on hydration, sun protection, and ongoing monitoring for welfare.

Low-Risk Conditions

Temperatures below **24°C** allow normal football operations without additional heat-related precautions.





STEPS IN DECISION MAKING WORKFLOW

Temperature Assessment

Check forecast and actual pitch-side temperature upon arrival for accurate heat management.

Temperature Categorisation

Categorise temperature into ambient zones to determine appropriate safety measures.

Safety Measures Application

Apply required actions like cooling breaks or fixture cancellations based on temperature zones.

Risk Evaluation and Communication

Assess risk modifiers and communicate decisions to officials, coaches, players, and parents.





RESPONSIBILITIES OF CLUBS AND COACHES

Heat-Risk Assessment

Clubs should complete formal heat-risk assessments before the season to identify hazards and plan mitigation strategies.

Temperature Monitoring

Designated individuals should monitor temperatures on matchdays to ensure safety measures are enforced promptly.

Facility Preparedness

Facilities need accessible drinking water, shaded areas, and emergency equipment to protect participants from heat.

Communication and Support

Clubs should rehearse communication templates and monitor vulnerable individuals for tailored heat-related support.



TEMPERATURE THRESHOLD CATEGORIES

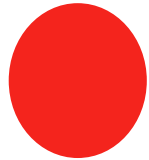




TEMPERATURE THRESHOLDS

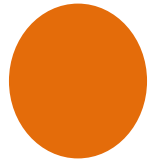
Who this is for

Club secretaries, coaches and matchday volunteers managing fixtures during hot weather.



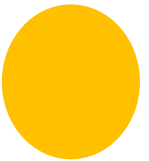
≥30°C → High-Risk Zone

(Stop junior activity; adult activity only continues with strict controls)



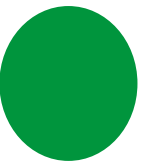
27–29°C → Elevated-Risk Zone

(Mandatory cooling breaks, reduced intensity, shade, monitoring)



24–26°C → Moderate-Risk Zone

(hydration focus, reduced load)



<24°C → Low-Risk Zone

(standard precautions)

Pre-match checklist

- Check Met Office alerts and local forecast.
- Confirm constant fresh water supply.
- Set up shade (gazebo, stands) and sunscreen station.
- Brief coaches/refs on cooling breaks and emergency actions.
- Communicate hydration reminders to teams and parents.

On the day

- Shorten warm-ups; increase rest intervals.
- Enforce cooling breaks; use rolling subs if allowed.
- Act early on signs of heat stress; remove affected players and begin cooling.
- Consider time-shifting kick-off (morning/evening).

IF IN DOUBT, SIT THEM OUT
PLAYER WELFARE OVERRIDES COMPETITION CONSIDERATIONS



LOW-RISK ZONE: BELOW 24°C

Minimal Heat-Related Risk

Below 24°C, football activities pose minimal heat illness risk, allowing normal play with basic precautions.

Precautionary Measures

Hydration reminders, appropriate clothing, and sun protection are essential even in low-risk temperature zones.

Attention to Junior Players

Junior players may face thermoregulation challenges in sunny or warm microclimates; shade and hydration help mitigate risks.

Consistent Safety Culture

Maintaining safe routines across all temperature conditions fosters a proactive safety culture in football clubs.





MODERATE-RISK ZONE: 24–26°C

Hydration and Sun Safety

Enhanced hydration and sunscreen application are essential during 24–26°C to prevent heat-related issues.

Workload and Break Management

Regular water breaks and workload adjustments help accommodate individual fitness and reduce heat strain risks.

Environmental Considerations

Artificial turf and enclosed venues can increase heat exposure, requiring extra vigilance from matchday staff.

Player Safety Awareness

Monitoring players for overheating signs is critical, especially for those recently ill or with heavy apparel.





ELEVATED RISK ZONE: 27–29°C

Mandatory Cooling Breaks

Cooling breaks in each half allow consistent rehydration and prevent dangerous heat buildup in players.

Warm-up and Substitution Adjustments

Shortened warm-ups and rolling substitutions reduce heat exposure and lower risk of heat stress.

Junior Football Safeguards

Junior matches require shorter playtime, longer rests, and immediate shaded area access to protect children.

Hydration and Protective Gear

Continuous access to water and light, breathable clothing supports player safety and cooling





HIGH-RISK ZONE: 30°C AND ABOVE

FACTOR	RISK LEVEL	REQUIRED ACTION
Temperature $\geq 30^{\circ}\text{C}$	High	Cancel or reschedule activity
Junior participation (U6-U17)	High sensitivity	No vigorous activity permitted
Adult participation	High risk	Only proceed with strict controls
Cooling breaks	Mandatory	Each Half



IMPACT OF SUN EXPOSURE

TIME OF DAY	SUN INTENSITY	RECOMMENDED ACTION
11:00–15:00	High	Avoid scheduling junior fixtures
Morning/Evening	Moderate	Preferred scheduling window
Cloudy	Lower	Standard precautions