



GEEELONG FOOTBALL UMPIRES' LEAGUE INC.

TRAINING HEAT POLICY

VERSION 1

Adopted by the Board on

28 January 2009

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**REVIEW HISTORY OF GEELONG FOOTBALL UMPIRES' LEAGUE
TRAINING HEAT POLICY**

Version	Date reviewed	Date endorsed	Content reviewed/purpose
			<i>This policy has been adapted from the VFL Umpiring Department 2009 Pre-Season Resource Manual</i>
<i>One</i>	<i>Created January 2009</i>	<i>January 2008</i>	

1. SCOPE

This policy applies to all GFUL Umpires

2. POLICY

In the event that high temperatures and/or high humidity may affect the health and well-being of umpires, training may be cancelled or modified.

3. DISCUSSION

The risk of thermal injury from high intensity training is significant. It can range from cramps, through to heat exhaustion to heat stroke, coma and death (Mitchell, 1994)

During training, a participant may produce 15-20 times the heat they produce at rest. Dissipation of this excess heat is primarily achieved through sweating. If the body's ability to dissipate heat is compromised, core temperature in an average individual may rise by one degree Celsius for every five minutes of exercise if no temperature regulating mechanisms are activated (Nadel, 1977). If an individual's core temperature is above 40 Degrees Celsius (normal 37 degrees), the risk of thermal injury is significant.

Factors which impair the body's ability to dissipate heat are:

- High ambient temperature
- Solar radiation
- Humidity (this compromises the efficacy of sweating)
- Dehydration

These factors significantly increases the risk of thermal injury occurring.

4. PRINCIPLES

The GFUL is responsible for the health and well-being of its members. As such, every effort will be made to ensure that the direction to train takes into account the type of training and the weather conditions at the time of training.

As training can be conducted during the hottest part of the day, every precaution must be taken to ensure that umpires do not suffer the effects of heat.

The GFUL Director of Umpiring will be responsible for the administration of this policy.

5. PROCEDURE

5.1. COMMITTEE

A Committee will be established to implement this policy. The Committee will comprise the Training Supervisor, as chair, and the Field, Boundary, Goal and Junior Assistant Coaches. All meetings/decisions are to be documented.

5.2. CANCELLATION OF TRAINING

In the event that the training day temperature is forecast [the evening before training] to be **36°C** or greater, training will be **CANCELLED** for that training day

5.3. MODIFICATION OF TRAINING

In the event that the temperature is forecast to be between **32°C** and **36°C** on any training day, training will be **MODIFIED** for that training day. The Committee is responsible for specifying the modified training program.

5.4. TEMPERATURE BETWEEN 30°C and 32°C

In the event that the temperature is forecast to be between **30°C** and **32°C** on any training day, training may be **MODIFIED** for that training day. The Committee is responsible for determining if modification will occur and for specifying the modified training program.

5.5. OBLIGATION TO TRAIN

In the interests of occupational Health and Safety, umpires are expected to abide by the decision of the Committee.

Should training be modified, umpires may choose not to train if they feel they are placing their health at risk.

6. REFERENCES

Mitchell, BH. *AFLMOA position paper on the prevention of thermal injuries in football*. Sports Health. Vol. 12, No. 4, pp 10-18. Dec 1994

Problems with temperature regulation during exercise. Edited by Ethan R. Nadel. New York Academic Press, 1977.