

Junior training guideline for extreme weather (heat)

Purpose: this guideline has been developed and approved by the Mornington Cricket Club Committee to provide clarification regarding junior training in the case of extreme weather

Common sense regarding training during hot weather should be followed at all times. It is recommended that all players, coaches and other team helpers follow these general guidelines during training.

Children and Heat Stress

Children sweat less and get less evaporative cooling than adults. In warm and hot weather they have greater difficulty getting rid of heat; they look flushed, and feel hotter and more stressed than adults. Overweight children are particularly disadvantaged exercising in warm weather.

Children seem to be effective at “listening to their bodies” and regulating their physical activity. For this reason, children should always be allowed to exercise at their preferred intensity. They should never be urged to exercise harder or compelled to play strenuous sport in warm weather. If children appear distressed or complain of feeling unwell, they should stop exercising. ***On no account should children be forced to continue sport or exercise if they appear distressed or complain about feeling unwell.***

Generally when training in extreme heat is recommended that:

- Children wear hats and apply sunscreen
- Drink water regularly
- Take more breaks
- Reduce the intensity of the training
- Modify the training
- Reschedule the training if possible
- Take into account any medical condition that may impact on a child’s ability to participate

For more detailed information see:

<http://sma.org.au/wp-content/uploads/2011/03/beat-the-heat-2011.pdf>

There are two trigger points regarding training in extreme heat.

Temperate is based on the **Weatherzone website or app** one hour before the time of training for Mornington.

<http://www.weatherzone.com.au/vic/central/mornington>

31-35°C : Training is optional

Parents/Guardians are asked to communicate with the coach responsible if they do not want their child to participate in training.

36°C+ : Training will be cancelled or rescheduled if practicable

Where possible the coach will communicate to players/families via SMS when extreme weather events occur.