



**American Football
Queensland
Extreme Heat Policy**

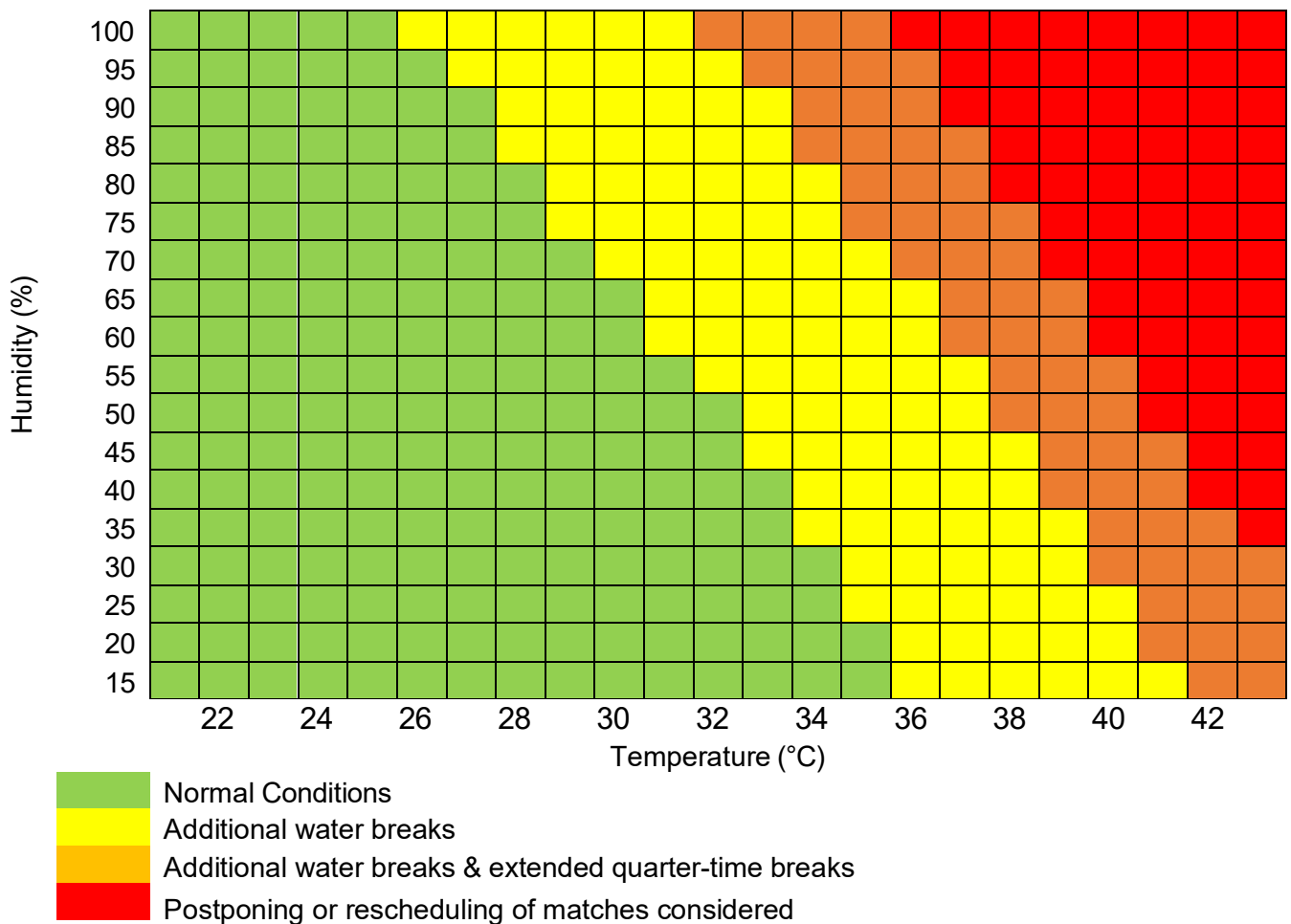
May 2024

***For implementation in Queensland
based competitions.***

Upon consultation with clubs, in through the 2023 season American Football Queensland has developed the following policy that will guide Match Officials and Clubs in making decisions regarding the welfare and safety of players in instances of extreme heat.

Research shows that athletes who are well hydrated at least 1 hour prior to starting physical exercise significantly lower their risk of becoming dehydrated during exercise. It is recommended a person consumes at least 5-7ml/kg of body weight between 2-4 hours before physical exercise, and 125-150% of lost fluid 4-6 hours after exercise [1]. Further recommendations have been made that fluid intake of 150-300ml should occur for every 15-20 minutes of exercise [2]. As quarter lengths for competitions currently run between 30 and 45 minutes, all participants are provided the opportunity to consume water within these recommendations, with the support for Water Carriers to be permitted on the ground during appropriate stopages.

The below chart has been developed to allow Match Officials and Clubs to determine whether precautions need to be taken during practice and competition matches, in conjunction with the use of the official Bureau of Meteorology app.



The Match Official will be the final decision maker on whether to implement any precautions listed above. Clubs will be required to consult with Match Officials during regular pre-game checks to discuss any requirements to enact this policy.

The Host team is also required to communicate with their relevant Competition Manager as soon as practicable in instances where this policy has been implemented due to the temperature and humidity exceeding normal conditions. Clubs that are found to have implemented this policy outside of the required conditions may be sanctioned by American Football Queensland.

2023	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb
Mean Maximum Temperature (°C)	22.6	24.5	25.9	27.5	27.9	31.6	30.7	30.8

Table 1: Mean Maximum Temperatures by Month in Brisbane [3]

2023	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb
Mean Maximum Temperature (°C)	26.3	26.3	27.8	29.8	31.3	31.8	32.8	31.8

Table 2: Mean Maximum Temperatures by Month in Cairns [3]

2023	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb
Mean Maximum Temperature (°C)	26.5	27.3	28.8	29.9	31.3	32.2	32.4	31.1

Table 3: Mean Maximum Temperatures by Month in Townsville [3]

2023	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb
Mean Maximum Temperature (°C)	23.4	24.5	26.5	28	29.9	31.4	31.9	30.8

Table 4: Mean Maximum Temperatures by Month in Mackay [3]

2023	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb
Mean Maximum Temperature (°C)	24.7	27	28.8	31.3	31.4	33.1	29.7	33.6

Table 5: Mean Maximum Temperatures by Month in Rockhampton [3]

Sources

- [1] Li, C. *et al.* (2018) 'Predicting athletes' pre-exercise fluid intake: A theoretical integration approach', *Nutrients*, 10(5), p. 646. doi:10.3390/nu10050646.
- [2] Latzka, W.A. and Montain, S.J. (1999) 'Water and electrolyte requirements for exercise', *Clinics in Sports Medicine*, 18(3), pp. 513–524. doi:10.1016/s0278-5919(05)70165-4.
- [3] *Climate Statistics for Australian Locations* (no date) *Climate statistics for Australian Locations*. Available at: <http://www.bom.gov.au/climate/data/index.shtml>