



# THE LYSTERFIELD WOLVES

## JUNIOR FOOTBALL CLUB

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### HEAT POLICY

LJFC will also adhere to the EFL Heat Policy in relation to football training, where possible, which is:

If the air temperature, as broadcast on ABC radio, is below 5 degrees Celsius or, in excess of 30 degrees Celsius, but less than 35 degrees Celsius, one hour prior to the scheduled start time of an official Eastern Football League match in any junior grade (under 9 to under 16), the game will be cancelled unless, in the opinion of the coaches of both clubs, the game should proceed.

In excess of the formal requirement above, our Coaching staff should also ensure:

- Players bring their own water or are given access to water as required during training sessions
- Hats are worn when appropriate during training (warm sunny days)
- Players are monitored to identify if any are suffering from dehydration

