



## **EMH Tournament Heat Risk Assessment - Saturday 5<sup>th</sup> & Sunday 6<sup>th</sup> July 2025**

Although the latest weather forecast predicts more normal temperatures for the weekend this document has been produced in the event of above average temperatures.

Can we ask that all parents/guardians ensure that all players have plenty of suncream on, that they bring plenty of fluids and a cap/hat.

There is plenty of space at the venue therefore we can accommodate gazebo's. Please ensure these are placed behind the respect barriers and have consideration for all teams spectators to be able to view the games.

Parents/spectators – As part of the conditions of hire for the venue, alcohol is not permitted.

### **1. Player Health and Safety:**

#### **Heat-related illnesses:**

Heatstroke, Managers if you think any of your players are showing signs of heat exhaustion, and heat cramps then please remove them from the field of play to rest in the shade.

#### **Dehydration:**

There are various food & drink vans that will sell drinks and we encourage you to bring your own on the day.

#### **Injury risk:**

Remember in this weather there is an increased risk of muscle cramps and other injuries due to fatigue and dehydration in hot weather.

#### **Performance impact:**

Recognise that extreme heat can significantly affect player performance and decision-making, potentially leading to more dangerous play.

### **2. Spectator and Staff Safety:**

#### **Heat-related illnesses:**

Remember it is not just the players that could suffer the risk of heatstroke and dehydration among spectators, especially those who are not acclimatized.

#### **Sun protection:**

We will have a gazebo set up for people wanting a bit of shade, as for players please ensure you provide adequate shade. For spectators and players alike please encourage the use of sunscreen.

**Crowd management:**

Try to space out along the viewing area to ensure adequate space and ensure all spectators bring sufficient water.

**3. Environmental Factors:**

**Temperature and humidity:**

There is very little natural shade at Westlands therefore we encourage teams to bring a gazebo.

**Wind and sun exposure:**

As above.

**Pitch conditions:**

The pitches may be very hard. Please consider this with appropriate footwear.

**4. Mitigation Strategies:**

**Provide ample breaks:**

The games are only short so there should be sufficient breaks during matches to allow players to rehydrate and cool down

**Hydration stations:**

Maybe have a space on the sideline for players to put their drinks whilst playing so easily accessible.

**Cooling stations:**

Provide shaded areas and cooling stations where players and spectators can rest and cool down.

**Emergency procedures:**

Develop clear emergency procedures for dealing with heat-related illnesses, including trained first responders and access to medical facilities. All managers at EMH are first aid trained as should be every manager on the sideline as it is an FA directive, we also have 2 trained first responders that will be available on both days at the main tent if required. It is a must that all managers bring a first aid kit with them.