

Rocks Lane Junior Coaching Hot Weather Policy

Purpose

To protect the health, safety and wellbeing of all junior participants, coaches and staff during periods of hot weather, while allowing coaching activities to continue safely where appropriate.

1. Scope

This policy applies to all junior tennis, Padel, football, netball and multi-sport coaching sessions, holiday camps, competitions and events operated by Rocks Lane.

2. General Principles

Rocks Lane will:

- Monitor weather forecasts and on-site conditions daily.
 - Prioritise participant welfare over programme delivery.
 - Modify, shorten, relocate or cancel activities when conditions become unsafe.
 - Ensure access to drinking water throughout all sessions.
 - Encourage regular hydration and sun protection.
 - Pay particular attention to younger children and participants with medical conditions.
-

3. Parent & Participant Responsibilities

Parents/guardians should ensure children arrive with:

- A refillable water bottle (minimum 750ml recommended).
- A sun hat or cap.
- Appropriate lightweight sports clothing.
- Sunscreen already applied before arrival.
- Additional sunscreen where appropriate.
- Any required medication (e.g. asthma inhalers).

Parents should notify coaches of any medical conditions that may increase sensitivity to heat.

4. Coach Responsibilities

Coaches must:

Before Sessions

- Check weather forecasts and temperature warnings.
- Assess court and playing surface temperatures.
- Ensure water refill points are available.
- Remind participants about hydration and sun safety.

During Sessions

- Schedule additional water breaks.
 - Monitor participants for signs of heat-related illness.
 - Increase rest periods and reduce high-intensity activities.
 - Utilise shaded areas whenever possible.
 - Encourage children to report feeling unwell immediately.
-

5. Activity Modifications by Temperature

Below 25°C

- Normal activities.
- Regular hydration encouraged.

25°C – 29°C

- Additional water breaks every 15–20 minutes.
- Increased use of shaded areas.
- Reduce prolonged high-intensity drills.

30°C – 32°C

- Mandatory hydration breaks every 10–15 minutes.
- Modify sessions to lower-intensity activities.
- Increase coach monitoring.
- Consider shortening session duration.

Above 32°C

- Coaching Manager or Site Manager to review conditions.
- Sessions may be:
 - Shortened
 - Relocated
 - Converted to skills-based, low-intensity activities

- Cancelled if participant welfare cannot be adequately protected.
-

6. Artificial Surface Considerations

Surface temperatures on:

- Padel courts
- Tennis courts
- Artificial football pitches

may significantly exceed air temperature.

Coaches should assess:

- Surface heat
- Radiated heat
- Availability of shade
- Participant comfort

and adjust activities accordingly.

7. Heat Illness Recognition

Early Warning Signs

- Excessive sweating
- Fatigue
- Dizziness
- Headache
- Muscle cramps
- Nausea

Serious Symptoms

- Confusion
- Collapse
- Loss of consciousness
- Lack of sweating despite heat
- Vomiting

If serious symptoms occur:

1. Stop activity immediately.
2. Move participant to shade.
3. Begin cooling measures.

4. Contact parent/guardian.
 5. Call emergency services if symptoms are severe.
-

8. Holiday Camps

For holiday camps during hot weather:

- Indoor spaces should be utilised where available.
 - More frequent rest periods should be scheduled.
 - Lunch and breaks should take place in shaded areas.
 - Coaches should conduct regular hydration reminders throughout the day.
-

9. Communication

Where sessions require modification or cancellation due to heat:

- Parents will be notified as early as reasonably possible.
 - Decisions will be made by the Coaching Manager, Site Manager or Duty Manager.
 - Welfare considerations will always take precedence over programme delivery.
-

10. Authority to Suspend Activity

Any coach, duty manager or site manager may immediately suspend or stop activity if they believe weather conditions present an unacceptable risk to participants or staff.

Version: 1.0

Owner: Barry Murray

Review Date: Annually (or following any significant heat-related incident)