



Announcement

NSW Junior State Cup 2023.

Extreme Heat Expected.

The weather forecast for this weekend is Saturday 33 & Sunday 36 degrees. Humidity will be the determining factor of any major decisions we may have to make if the temperature hits 36 degrees. As the tournament director, I will be liaising constantly with medical staff and adhering to the Sports Medicine Australia's Extreme Heat Policy.

<https://sma.org.au/sma-site-content/uploads/2021/02/SMA-Extreme-Heat-Policy-2021-Final.pdf>

I encourage parents to ensure their child is well hydrated Friday & avoid strenuous exercise Friday.

Maintain their hydration throughout the tournament without over doing it. Cold water is best before and after they play but normal temperature is best during play.

Bring an esky with ample supply of water & ice. Hand towels to wet down.

There are numerous trees surrounding the fields offering shade but I also encourage the use of 3 x 3 tarps.

If extremely warm coaches should send kids to their parents at half time to be wet down by towels before having the half time chat.

Keep the kids in shade between games.

We know things continually change but know any decisions we make to play or stop is made in the best interest of the kids & our 'duty of care'.

Bill Harrigan

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