Hot Weather Guidelines

This weekend is expected to be extremely hot. As a result, we need to ensure that all players take appropriate measures to ensure that they are able to safely deal with the temperature, and also ensure that they are giving themselves the best opportunity to perform at their best.

Hydration Prior To Competition

- Players should try to consume between 3 and 4 litres of water on each of the 2 to 3 days prior to Saturdays match.

Game Day

- Drink a full sports bottle of water before making your way to the game on Saturday.
- Pack plenty of drinks for the match. Boarders should make sure that they get bottles of water from their house before leaving for the match.
- Make sure to also pack plenty of sunscreen and a hat for the game.
- When you get to the ground, aim to drink another bottle of water before warm up starts, and one during warm up/before the match.
- Throughout the match, look for every opportunity you can to get fluids into your body. Extra drinks breaks will be scheduled throughout the days play.
- When not directly involved in the match, stay as cool and as inactive as possible. Find a spot in the shade to sit and watch the match.

Post Match

- Make sure that you replace the fluids that you have lost during the day. Should aim to get around 2 – 3 litres of fluid into your body in the couple of hours after your match.