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# Football in the Heat – Checklist

Hot matchday: decide, pack, act

*This document was provided by areacopa.com.*

TEAM

DATE

COACH

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## Decide before matchday

Settle temperature and heat protection early.

- Check temperature and humidity for the matchday
- Above 35 °C, or above 32 °C at more than 80% humidity: move to the evening
- At 40 °C and above: call off match and training
- Put kickoff in the cooler morning or evening hours where possible
- Arrange a shaded spot or a tent
- Brief parents in advance on heat protection and how much to drink

## Pack: drinks

- Water canister with a reserve for the whole team
- Cooler box with ice or cool packs
- Pre-mixed electrolyte spritzer: apple juice, water, pinch of salt, lemon
- Enough cups or labelled water bottles

## Pack: cooling and sun protection

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- Several towels to wet down
- Ice bags or cool packs
- Spray bottle with water
- Sunscreen SPF 50 for players and helpers
- Caps or light headwear

## Pack: emergency

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- Complete first-aid kit
- List of emergency contacts for every player
- Phone charged plus power bank
- Location of defibrillator and nearest clinic noted

## On matchday

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A routine against the heat.

- Pre-cool: shade, a cool drink, a wet towel on the neck
- Have players drink 500 to 750 ml one to two hours before play
- Top up 150 to 250 ml every 15 to 20 minutes, not only when thirsty
- Schedule a fixed water break each half, in the shade
- Cut intense sprints, favour technique and set pieces
- Refill 1 to 1.5 litres per kilogram lost after the match

## Spot a heat emergency

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Warning signs and first steps.

- Warning signs: headache, dizziness, nausea, cramps, dark urine
- Red alert: hot dry skin, confusion, clouded consciousness
- Stop play at once, move to shade, raise the legs
- Cool neck, groin and wrists with wet towels
- Call emergency services 112 at once if confused or unconscious

