



With high temperatures forecasted this weekend and into next week, it's important to take extra care when participating in football or any physical activity. The UK Health Security Agency has now issued an amber warning. The alert affects all regions in England. The alert will be in place from 2pm on 22nd May to 5pm on Wednesday 27th May - [Weather alert for east-midlands | UKHSA data dashboard](#).

Amber (enhanced response) – an amber alert indicates that weather impacts are likely to be felt across the whole health service, with potential for the whole population to be at risk; non-health sectors may also start to observe impacts and a more significant coordinated response may be required.

Please note:

It is essential that you follow the latest advice on safe levels of physical activity during extreme heat.

Below are some key links from the NHS and NSPCC, offering expert guidance on keeping safe in hot weather conditions. These resources cover hydration, sun protection, and spotting signs of heat exhaustion.

[Heatwave advice for event organisers | CPSU](#)

[Beat the heat: staying safe in hot weather - GOV.UK](#)

[Heatwave: how to cope in hot weather - NHS](#)

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## Top Tips for Playing Football in Hot Weather

### Hydrate Well and Often

Ensure all players drink water before, during, and after matches or training sessions — not just when they feel thirsty. I encourage the club to provide a source of hydration where there is no free access to water, but I also appreciate that this is an additional cost for the club; therefore, remind players and parents/guardians of under-18s to bring extra water for themselves and child to consume.

### Adapt Training and Match Times.

Avoid the hottest parts of the day (typically 11 am–4 pm). Schedule early morning or evening sessions when temperatures are cooler. I appreciate that tournaments are happening between the peak times. If you need to cancel fixtures, please notify the relevant individuals. If the warning increases to Red, then you must consider cancelling fixtures if not enforced by the government as advised.

### Use Shaded Areas

Provide shaded rest areas on the sidelines for breaks and halftime. Consider using pop-up tents



if natural shade isn't available - you may need to ask adult players, committee members and parents/guardians if they can support you with this and provide them for the duration you need them.

#### Wear Appropriate Kit

Lightweight, breathable clothing is a must. Encourage light-coloured kits and hats when off the pitch. If you do not feel that a player is in the correct kit for the weather, e.g wearing skins, please have a conversation about why this is not appropriate due to the wearing of it, if there are any medical or religious reasons in place for them.

#### Take Regular Breaks

Increase the frequency of water breaks during training and matches — ideally every 15–20 minutes. Match Officials have also been sent guidance explaining how they can support you in enforcing this with the use of drinks breaks/cooling breaks in line with the laws of the game.

#### Apply Sunscreen

All participants should apply broad-spectrum sunscreen (SPF 30+) before arriving and reapply it as needed, especially during longer sessions. While I understand the associated cost, I would recommend that clubs purchase some 'spare' sun cream for anyone to use.

#### Know the Signs of Heat Illness

Be alert for symptoms of heat exhaustion: dizziness, headache, nausea, excessive sweating, or pale/clammy skin. Act immediately and seek medical help if needed.

#### Keep First Aid Ready

Ensure a first aid kit is available and includes items for treating heat-related symptoms, such as cooling packs and oral rehydration salts - make sure you get consent before issuing these to under 18s.

For under 18s participants, I must stress that it is ultimately the parents and guardians' responsibility to ensure they take the appropriate measures for their children in this weather, but as a club, please take responsibility for ensuring that you feel that your players are safe and not at unnecessary risk no matter what their age.