

## Using 3G Pitches in high temperatures - Guidance to match officials, leagues and clubs



On the **rare occasion** that match officials, managers or players feel that the temperature of a 3G pitch is excessively high, The FA have produced some guidance for match officials to refer to:

- **Each situation** should be **reviewed** on a **case-by-case basis**.
- **Discuss** the issue with **both teams (via their officials)** on the day.
- **Players safety is the most important factor** and simply having water breaks may be the **right solution in many situations**.
- If both teams and the match official(s) feel the heat is excessive, the **game can be postponed**.
- **Any action should be taken with** agreement between all parties, however, if an agreement cannot be made, please remember the **final decision is that of the match referee**.

If a club or match official feels the temperature is going to be a issue ahead of matchday, a more proactive approach would be to change the kick-off time to earlier or later in the day.



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If the game goes ahead then it is advised that the following guidance is followed:

## Before the game

- Check that there is sufficient water available for water breaks and that each player has **their own water bottle**.
- Ensure that players apply **sun protection** to exposed body parts and faces.
- Each team must have suitable **first aid kits** on hand to treat injuries.
- Ensure that resting areas such as dugouts are protected from the sun to create **shaded areas**.
- Agree with each team regular **water breaks** during the game.

## During the game

- Consider the type the **duration and intensity** of warm up whilst ensuring players are prepared for exercise.
- Plan for **regular breaks** during the game and ensure that water (each player should have their own water bottle) and ice is available.
- Ensure that **injuries and skin abrasions** are cleaned, treated and covered.
- Look for signs of **heat exhaustion** amongst players.

## After the game

- Managers and Coaches should check all players who might be suffering **heat exhaustion or feeling unwell**.
- Ensure that players **take time to re-hydrate and cool** themselves down.
- Always **clean and cover** wounds.
- Clean your kit and equipment afterwards.
- Players **wash your hands** and have a cool shower after the game.

