

賽馬會青少年足球發展計劃
酷熱天氣下之上課及比賽安排及須知

因應香港天文台有關酷熱天氣下工作及戶外活動之最新指引，本會就以下酷熱天氣情況特設以下活動指引，教練及學員須依照指引在安全狀況下進行足球活動：

香港暑熱指數	訓練安排
30 - <32 黃色警告	每段訓練時間不超過 15分鐘 ，每次休息及/或補充水分約 3分鐘
32 - <34 紅色警告	
>= 34 黑色警告	

A. 訓練注意事項

1. 補充水份

為避免教練及學員於訓練期間出現脫水狀況，減少中暑風險，教練應在每課訓練自備及提醒學員帶備足夠食水；

若暑熱指數到達警告水平，教練應提醒學員自備每小時約 750 至 1000 毫升飲用水，並建議他們每15 至 20 分鐘飲用約 250 毫升清涼飲用水。

2. 安排休息場地

為免休息期間持續受陽光及高溫影響，教練應盡可能安排學員在有遮蔭的地方休息。

3. 注意身體不良反應

以下為與高溫有關的疾病和徵狀，如教練發現任何學員在訓練期間出現下列情況，應立即暫停訓練並檢查學員狀況及迅速處理：

熱痙攣：四肢或腹部肌肉痙攣及疼痛

熱暈厥：頭暈或昏厥、長時間站立或突然從坐着或平臥的姿勢站起來時感到暈眩

熱衰竭：頭痛、氣促、噁心、大量出汗、頭暈、體溫上升、口渴、神志不清

中暑：體溫上升至攝氏 41 度或以上、全身痙攣、常見皮膚乾熱，但從事大量體力勞動工作時可能會出汗、神志不清、不省人事

B. 比賽注意事項

為避免教練及學員於訓練期間出現脫水狀況，本會指引為各賽事設立「降溫時段」，以適當為教練及球員補充水分，以下為相關指引。

降溫時段指引

1. 如開賽時間前三十分鐘，香港天文台正懸掛“酷熱天氣警告”，該賽事將安排「降溫時段」
2. 球員必須在場邊位置（近後備席及場邊指導區）補充水份
3. 球隊職員須在場邊位置（近後備席及場邊指導區）把水/飲料交給球員，嚴禁把水樽丟到比賽範圍內

圍內

4. 每次降溫時限為兩分鐘

各比賽降溫時段

女子聯賽（上，下半場各一次）

90 分鐘賽事: 第 30，75 分鐘

女子青少年聯賽（上，下半場各兩次）

90 分鐘賽事: 第 15，30，60，75 分鐘

80 分鐘賽事: 第 15，30，55，70 分鐘

青少年聯賽（上，下半場各一次）

70 分鐘賽事: 第 20，55 分鐘

**比賽時間分為三節進行之賽事則不設「降溫時段」

Jockey Club Youth Football Development Programme

Hot Weather Arrangement for Training and Matches

With regards to the latest guidelines on work and leisure activities under extreme hot weather from HK Observatory, FAHKC has issued regulations on football activities under extreme hot weather for coaches and players' reference:

Hong Kong Heat Index	Training Arrangement
30 - <32 Yellow Alert	Arrange rest and/or water break of 3 minutes for each section of training not longer than 15 minutes
32 - <34 Red Alert	
>= 34 Black Alert	

A. Training Reminder:

1. Hydration

To prevent coaches and players from dehydration and risks of getting heatstroke during trainings, coaches should bring enough water to training as well as to remind players to do so.

When the Heat Index reaches alert level, coaches should advise players to **bring 750-1000 ml of water per hour of training i.e..to consume 250-500 ml of water per 15-20 minutes of training,**

2. Arrangements of rest spots

To prevent constant heat from the sun and high temperature, coaches should arrange **locations with shade/away from sunlight** for players to rest during training.

3. Be aware of adverse symptoms

Below are some general symptoms of heat-related illness, if coaches notice any of the below conditions from any player(s), they should pause the training immediately and check the health condition of player(s):

Febrile Convulsion: Muscle pain/spasm from limbs/abdomen

Heat Syncope: Dizziness in general or from switching body positions from long time of standing/sitting.

Heat Exhaustion: Headache, Short of breath, Nausea, Large amount of sweating, Dizziness, Rise in body temperature, Thirst, Obnubilation.

Heatstroke: Rise of body temperature up to 41°C, Body cramps, Hot and dry skin (sweating from heavy loads), Obnubilation, Unconsciousness

B. Match Reminder

To lower the risks of dehydration during football match, cooling breaks are introduced for coaches and players during games, guidelines and regulations are as follow:

Guideline for cooling break

1. Cooling Break will be advised for the game if the Very Hot Weather Warning is issued **30 minutes prior to the game.**
2. Players must be hydrated **close to the sidelines** (near substitute bench and technical area)
3. Coaches and Team staffs must **properly hand over the water bottle(s)** to the player(s) at the same area. **Tossing** of bottles into the playing area is **prohibited.**
4. Duration of each cooling break is **limited to 2 minutes.**

Specified time for cooling break

Jockey Club Women's Football League

1 cooling break for each half

Indicator of cooling break in a 90 minute game: the 30th and 75th minute

Jockey Club Women's Youth Football League

2 cooling breaks for each half

Indicator of cooling break in a 90-minute game: the 15th, 30th, 60th and 75th minute

Indicator of cooling break in an 80-minute game: the 15th, 30th, 55th and 70th minute

Jockey Club Youth Football League

1 cooling break for each half

Indicator of cooling break in a 70-minute game: the 20th and 55th minute

Cooling Break **will not be provided during games that are separated into **three halves**