



HOT WEATHER POLICY

Number:	BSA 020	Version:	5
Revised:	November 2023	First Approved:	December 2018
Authorised by:	CEO	Next Review Date:	December 2026

Purpose

The purpose of this policy is to alert administrators, players, coaches, officials, and parents/caregivers when activity may be cancelled due to extreme heat.

Scope

This policy applies to all activities of Basketball SA including, district basketball games, NBL1, Metro Social Basketball League, and High Performance.

This policy will also apply to the activity of affiliated members (e.g., domestic competitions, and training). All Members and Affiliates must endorse Basketball South Australia's Hot Weather Policy.

Definitions

Air-conditioned Stadiums: For the purpose of this policy, airconditioned stadiums are only considered air-conditioned if the air conditioning system (evaporative or refrigerated) is installed to the playing area and effectively reduces the outdoor temperature by a minimum of 5 degrees. For the purpose of this policy, ventilated stadiums (stadiums equipped with a fan ventilation cooling system) will not be considered air-conditioned stadiums.

Bureau of Meteorology (www.bom.gov.au): the BoM. For all metropolitan and/or district activity, the temperature reference used will be the BoM Adelaide. For regional activity, the temperature reference used will be the location of the stadium.

South Australian Country Fire Service: CFS

Policy

1. Hot Weather Guidelines

Basketball SA has adopted the following guidelines regarding the playing of basketball (games and/or training) in hot weather conditions.

Irrespective of the predicted maximum temperature, stadium staff, coaches, team managers and referees should adopt the following (as appropriate), in cases of hot weather:

Stadium staff should:

- Take steps to maximise airflow and reduce heat build-up in stadiums
- Assess playing conditions and advise referees and coaches
- Immediately advise their manager if they consider playing conditions to be unsafe

Team Leaders such as Coaches and Assistant Coaches should:

- Ensure that players take adequate fluid before, during and after the game/training
- Be alert and react to any signs of distress/potential distress in players
- Be considerate of players who may be more readily affected by heat
- Make substitutions as appropriate
- Utilise available time-outs or take extra breaks through training

Team Managers should:

- Be alert to players who may be more readily affected by heat.
- Ensure that players take adequate fluid before, during and after the game/training
- Be alert and react to any signs of distress/potential distress in players

Referees should:

- Call additional time-outs
- Extend the breaks between quarters

No-one should ever feel as though they must play/train if they believe it is unsafe or they are feeling distressed.

2. Extreme Conditions

Basketball SA will make an assessment on days when predicted daytime temperature as published on the BoM website for Adelaide is 37 degrees or higher whether to declare 'Extreme Conditions'.

Country Associations must each make an assessment whether to declare Extreme Conditions on days when predicted daytime temperature as published on the BoM website for the relevant location is 37 degrees or higher.

Basketball SA will consider a range of information before making a determination of Extreme Conditions including but not limited to:

- Predicted game time temperature as published on the BoM website for Adelaide (ie. for potential of a cool change)
- Predicted humidity level
- Actual temperature and humidity levels over preceding days and nights (for potential heat build-up in stadiums or potential increased fatigue of participants)
- Time of day of activity
- Nature of activity
- Temperature readings within stadiums
- Accessibility and effectiveness of air-conditioned facilities

Basketball SA will declare Extreme Conditions by 12pm game day but may declare extreme conditions up to 3 days in advance. Contravention of this policy may void insurance policies.

Basketball SA may at its discretion declare Extreme Conditions for select activities or locations. In cases where select activities are not specified, Extreme Conditions will be taken to include all the activities within the Extreme Conditions table (below).

The following table defines the action to be taken in the event of Extreme Conditions:

Extreme Conditions	
Activity	Action
District Competition	Activity cancelled
MSBL Senior, Senior Social, Senior domestic/association	Activity cancelled
MSBL Mini, Aussie Hoops, After school junior programs	Activity cancelled
Inclusive Programs (eg. MSBL Inclusive, Wheelchair)	Activity cancelled
MSBL Masters, Masters domestic/association	Activity cancelled
Junior domestic	Activity cancelled
Junior training	Activity cancelled
High Performance training	Activity cancelled or re-located to airconditioned stadium with modified play enacted
Senior training (incl NBL1)	Modified play enacted. Activity cancelled or re-located to airconditioned stadium
NBL1	Activity re-located to airconditioned stadium where possible. Modified play enacted. Safety information distributed to teams and displayed in venue.
Tournament/Carnival	Activity cancelled or re-located to airconditioned stadium with modified play or reduced fixture enacted

In instances where the CFS declares a Catastrophic Fire Danger rating, ALL basketball activity scheduled in the affected region(s) will be cancelled (or postponed/rescheduled).

3. Modified Play

Modified Play will be automatically enacted in certain hot weather conditions. Hot weather conditions include the following situations:

- Where the forecast temperature on the BoM is above 35 and under 37 degrees (airconditioned stadiums excluded)
- Where the forecast temperature on the BoM is above 33 and under 35 degrees and activity commences before 6pm (airconditioned stadiums excluded)

Modified Play for game activity is:

- Referees to call a time-out halfway during each period if coaches have not called one
- The quarter, half and three-quarter time breaks to be extended by a minute
- Referees and coaches may request additional timeouts (at the discretion of the referee) for the safety of players and officials.
- Greater rotation within the referee roster to avoid back-to-back games for officials
- Encourage use of water for cooling purposes (eg. to wet face/hair)

Modified Play means modified intensity. For training activity this includes:

- Participants provided with a two-minute drink break every 15 minutes
- Participants excluded from training if they do not have access to fluids (drink)
- Focus on light drills (e.g., technique work, scripting plays). Limit competitive training.
- Outdoor activity avoided where possible (e.g., fitness sessions). Where training or games are ordinarily held on outdoor courts, appropriate sun protection must be considered if activity is scheduled to start before 5pm. Breaks must be conducted as above and in a shaded area.
- Encourage use of water for cooling purposes (e.g., to wet face/hair)

Additional Information

- Club Resources (website) – Heat Related Illness Poster
- Sports Medicine Australia – Hot Weather Guidelines for Sporting Clubs and the Physically Active

Appendices

Appendix 1: Heat Related Illness and Vulnerability

Version Control

Version	Date	Nature of Amendment	Update Author(s)
1	Dec 2012	New policy	CEO
2	Nov 2016	Update to airconditioned facility definition	CEO
3	Dec 2018	Inclusion of discretionary considerations	CEO/Stakeholder Engagement
4	Mar 2019	General review	CEO/Stakeholder Engagement
5	Mar 2023	Updated to new template. Re-write to review Extreme Conditions. Inclusion of club training	Stakeholder Engagement

Appendix 1: Heat Related Illness and Vulnerability

Signs of Heat Related Illness

It is important to recognise the signs of heat related illness to help prevent the more serious and potentially life-threatening condition of heat stroke. Signs to watch for include:

- Muscle cramps
- Heavy sweating or cessation of sweating
- Cold, pale, moist skin
- Fatigue, weakness, faint/collapse
- Intense thirst
- Nausea, headache
- Confusion, dizziness
- Obvious loss of skill or coordination
- Fast, shallow breathing

Heat Related Illness First Aid

- Lay the person down in a cool place and raise legs and hips to improve blood pressure
- Remove excess clothing if appropriate
- Cool the body by applying water and fanning skin (evaporative cooling)
- Apply ice packs to armpits and neck
- Give cool water if conscious

Signs of Heat Stroke

If symptoms of heat stroke develop, continue first aid, and refer the participant for medical assessment immediately. Signs of heat stroke include:

- Nausea, vomiting
- Hot, dry skin or profuse sweating
- Loss of consciousness
- Very high body temperature
- Throbbing headache
- Confusion, difficulty speaking
- Hallucinations, strange behaviour
- Seizures

Vulnerability

Everyone is at risk of heat related illness particularly in periods of hot weather. The combination of extreme environmental conditions and sustained vigorous exercise is particularly hazardous. The greater the intensity of the exercise, the greater the risk of heat related symptoms.

Physical characteristics which may increase risk include:

- Percentage of body fat (overweight or unconditioned participants can be at greater risk, female participants may suffer from heat more than male participants because of the differences in natural body fat)
- Endurance fitness/lack of fitness
- Age (the body's sweating mechanism (cooling mechanism) is poorly developed prior to puberty, reduced cardiac function in older participants can make it harder to cope)
- Medical conditions or medications may predispose a person to heat illness (eg. asthma, diabetes, virus, flu)
- Pregnancy

Listen to your body. No-one is expected to continue activity if they feel distressed or unwell.