



## HOT WEATHER POLICY

<b>Policy Number:</b>	MBC002	<b>Version:</b>	1
<b>Revised on:</b>	10 February 2024	<b>First Approved:</b>	10 February 2024
<b>Authorised by:</b>	President	<b>Next Review Date:</b>	1 December 2025

### Purpose

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

### Scope

This policy applies to training for Magic Basketball Club. (Note games will fall under the Eastern Hills Basketball Association 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](http://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

Magic Basketball has adopted the following guidelines regarding the training of basketball in hot weather conditions.

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

- Take steps to maximise airflow and reduce heat build-up in stadiums during training times
- Ensure that players take adequate fluid before, during and after the 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
- Rest players as appropriate

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

### 2. Extreme Conditions

Magic Basketball Club will respond to an assessment from Basketball South Australia or Eastern Hills Basketball Association on days when predicted daytime temperature as published on the BoM website for Adelaide is 37 degrees or higher whether they have declared 'Extreme Conditions'.

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 Training

Modified Training means modified intensity. 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).
- Encourage use of water for cooling purposes (e.g., to wet face/hair)

## Additional Information

- Eastern Hills Basketball Association Hot Weather Policy
- Basketball South Australia Hot Weather Policy
- Sports Medicine Australia – Hot Weather Guidelines for Sporting Clubs and the Physically Active

## Appendices

No appendices

## Version Control

Version	Date	Nature of Amendment	Update Author(s)
1	Feb 2024	New Policy	Child Safety Officer