



HOT WEATHER GUIDELINES

FOR AFFILIATED ASSOCIATIONS AND CLUBS

1. FOREWORD

Netball SA has a responsibility to take a positive role in educating and increasing the awareness of its registered players towards the dangers of physical activity in the heat. With this in mind, Netball SA Hot Weather Guidelines for affiliated associations and clubs has been developed which reinforce the guidelines produced by Sports Medicine Australia (SA).

The policy shall apply to all members, administrators, officials, coaches and players associated with Netball SA's affiliated associations and clubs.

2. RATIONALE

Exercise in the heat places extra demands on the body. The dangers of high intensity exercise in a hot environment, with associated fluid loss and elevation of body temperature can be quite dangerous. Dehydration, heat exhaustion and heat stroke may result.

In deciding whether to modify, cancel or postpone games, events or training due to the heat, there are many factors that need to be taken into consideration.

The following recommended guidelines have been produced by Netball SA to assist your association in deciding whether to modify, cancel or postpone games, events or training.

3. RECOMMENDED GUIDELINES & ACTIONS

3.1 For Competition Games / Events

- 3.1.1 If the forecast maximum temperature at 7.00am is 33° or 34° all recommended modifications should be implemented.
- 3.1.2 If the forecast maximum temperature at 7.00am on the day of competition is 35° or over all *Junior* games to be played during the day should be *cancelled* and all *Senior* coaches should contact their association to determine if their games are to be cancelled, modified or postponed.
- 3.1.3 If the forecast maximum temperature at 7.00am on the day of competition is 35° or over all *Junior* and *Senior* team coaches of games to be played from 6.00pm onwards should contact their association to determine if their games are to be cancelled, modified or postponed.
- 3.1.4 If the forecast maximum temperature at 7.00am on the day of competition is 37° or over all *Junior and Senior* games to be played during the day and from 6.00pm onwards should be *cancelled*.

Protocol / Procedure

- Senior team coaches to contact their association (or nominated contact person) between 2.00pm and 5.00pm to determine whether the games will be modified, cancelled or postponed.
- Modified games should include all modifications listed below.
- In the event of cancellation, the match will be recorded as a draw and Premiership points will be allocated according to Association "drawn game rules".
- Competing team coaches can agree to forfeit a game without incurring forfeit fees. Premiership points will be allocated according to Association "drawn game rules".
- Upon being contacted the nominated Association delegate will advise the Senior Team coaches whether a postponement of 30 minutes, 1 hour or postponement to another evening will be enforced.
- If Senior games continue, the below modifications are recommended to be implemented. (Senior participants over 40 years of age are at higher risk of heat stress/injury therefore participation is NOT recommended).
- The decision to cancel or postpone is the responsibility of the Association. It is highly recommended that the Sports Medicine Australia (SMA) Hot Weather Guidelines Checklist is completed in considering whether to cancel/postpone games.

3.1.5 Recommended Modifications for Games / Events

- Each quarter be reduced in time to 12 minutes.
- Team Coach, Manager and Umpires strongly promote and encourage fluid replacement before the game, during quarter time and half time breaks and after the game (refer to SMA Drink Up brochure).
- Where possible, Associations or facility providers to promote fluid replacement before the game, during and after the game over the PA System.
- Team Coaches and Managers should use the entire bench (eg. Rotate players regularly).
- Association or facility providers will strongly promote the use of existing shaded areas by participants during breaks in activity.
- Association or facility managers to provide extra temporary shade where possible.

3.2. For Club Trainings

- 3.2.1 If the forecast maximum temperature at 7.00am on the day of training is 37° or over all *Junior and Senior* training should be *cancelled*.
- 3.2.2 If the forecast maximum temperature at 7.00am on the day of training is 35° or over all *Junior* training should be *cancelled* and all Senior team coaches should contact their association regarding their training, if training is to take place from 6.00pm onwards.
- 3.2.2.1 The decision to cancel training is the responsibility of the Association. It is highly recommended that the Sports Medicine Australia (SMA) Hot Weather Guidelines Checklist is completed in considering whether to cancel training or to continue with modifications.

3.2.2.2 It is recommended that if training continues, all possible modifications listed below are implemented.

3.2.3 If the forecast maximum temperature at 7.00am is 33° or 34° all recommended modifications should be implemented during the training session.

3.2.4 Recommended Modifications for Training

- Reduce the length of training sessions.
- Reduce physical demands placed on participants during training.
- Club Coaches and Managers to strongly promote and encourage fluid replacement before, during and after training sessions (refer to SMA Drink Up brochure).
- Club Coaches and Manager should provide participants with extra drink breaks throughout the training session (approximately 12 minutes apart).
- Coaches and Managers to use existing shaded areas for periods of inactivity (ie instruction time).
- Club Coaches or Manager to provide extra temporary shade where possible.

4. EDUCATION

4.1 All Associations and affiliated clubs will be issued with the SA Netball Association Hot Weather Guidelines for affiliated associations and clubs.

4.2 Associations and Clubs through Administrators, Team Coaches and Managers should :

- (i) actively encourage participants to bring personal drink bottles to both training sessions and games.
- (ii) educate participants about the importance of hydration, maintaining fluid levels and drinking before, during and after participation.

4.3 Coaches Tips

- *Be aware of any participant with existing medical conditions (eg. cold, flu, asthma, heart conditions etc).*
- *Remind participants if they are feeling dizzy, faint or nauseous to discontinue activity and seek medical attention.*
- *Keep an eye out for any participant looking confused or suffering any loss of endurance or skill level – this can be a sign of heat exhaustion.*

5. ENVIRONMENT

5.1 Associations, Clubs, Administrators, Team Coaches and managers are to ensure easy access to clean drinking water is available for participants at both training sessions and games.

6. POLICY REVIEW

6.1 The Netball SA Hot Weather Guidelines for affiliated associations and clubs will be reviewed on an annual basis to ensure they remain current and practical.