



## **HOT WEATHER POLICY:**

### **Policy Overview:**

This policy will provide information surrounding the measures that will be taken by the Sutherland District Basketball Association in extreme heat conditions. Playing Basketball is considered a high intensity exercise and in a hot environment with the associated elevation of body temperature, can lead to a heat illness. Heat illness in sport presents as heat exhaustion or the more severe heat stroke.

### **COMPETITIONS: Hot Weather Policy.**

1. Temperatures inside Sutherland Basketball Stadium (SBS) that reach 31°C-35°C

- Advise teams to increase fluid intake before and during the competition games.
- Referees will be instructed to call a time-out at the halfway point of each period, this is in addition to the team's regular time outs.

2. Temperatures inside Sutherland Basketball Stadium (SBS) that reach 36°C and above

- Matches will be either be postpone, delayed or abandoned.

#### **\*\*Cancelled games will be recorded as a draw.**

- Game fees will either be refunded or placed on your semi-final game fee's when cancellations occur due hot weather.

### **DEVELOPMENT OR HIGH PERFORMANCE: Hot Weather Policy:**

1. Temperatures inside Sutherland Basketball Stadium (SBS) that reach 31°C-35°C

- Advise participants to increase fluid intake before and during the development sessions.
- Additional breaks will be provided to athletes for fluid and hydration intake.

2. Temperatures inside Sutherland Basketball Stadium (SBS) that reach 36°C and above:

- Development classes will be either be postpone, delayed, or abandoned.

**\*\*Cancelled or abandoned Development Sessions will be fully refunded or a make up lesson provided at a later date.**

**\*\*The staff of Sutherland District basketball Association have the right to use their discretion in implementing this policy and procedure.**