



# Heat Policy

## Training

The Beaumaris Sharks Basketball Club takes seriously all issues of consideration of health and safety within the Basketball Victoria guidelines in regards to the Heat Policy. All basketball participants are urged to take care even in moderately warm conditions.

With regards to training during periods of moderate to extreme heat:

- The Beaumaris Sharks Basketball Club recommends that when the temperature on the court reaches 35 degrees Celsius that training be cancelled.
- It is the responsibility of an **adult** supervisor (for example, team manager or coach) to monitor the training conditions and players to make a decision as soon as is practicable regarding cancellation of training and communicate this decision to all players.

### ***As a reminder:***

Hydration before and during activity is important. Participants should drink water or appropriate sports drinks to hydrate themselves.

Sensible conditions for players including regular periods of rest is important.

## Games

For your information The Southern Basketball Association's Heat Policy for games is outlined below (as per By-Laws):

### **22.0 Extreme Heat Policy**

22.1 The Referees Supervisor on duty will activate the Extreme Heat Policy at their discretion.

22.2 The Extreme Heat Policy **MUST** be activated when the temperature on any court reaches **35 degrees Celsius**. The Association has installed a digital thermometer/clock in the stadium between courts 2 & 3, which complies with Basketball Victoria's Participants Protection By-Laws. This thermometer will monitor the temperature on courts inside the stadium when the weather is hot.



22.3 Under the Extreme Heat Policy, the following modified timing rules will be implemented:

- **Game halves** will be shortened to **18 minutes each**
- **Half time** will be extended to **5 minutes**.
- Referees will call a mandatory time out at approximately the 9 minute mark of each half, regardless of the number of time outs called by the coaches.
- Players will be monitored by the referees, coaches and parents to ensure they consume plenty of fluids and watch for any signs of heat stress.
- If the temperature inside the stadium reaches 40 degrees Celsius games will be cancelled. Team representatives will receive an email to advise them of any cancellations. A notice will also be displayed on the website.