



Hot Weather Action Plan

All actions undertaken by HRBA staff will be in accordance with the Hot Weather Guidelines prescribed by Basketball WA.

This plan is designed for the outdoor courts, however, if the Arena air-conditioning system fails, this plan may be implemented for the indoor courts as well.

Temperature 40.0C & over

When the on-court temperature is expected to be 40 degrees Celsius and over, all outdoor games will be cancelled. No fees will apply and games results will be recorded as a draw. The Competition Manager will review the divisions affected and call a general bye.

Temperature 35.0C – 39.9C

When temperatures are expected to exceed 35 degrees Celsius, staff are to implement the Hot Weather Action Plan:

- Publicity Officer to promote hydration & safety guidelines on social media prior to competition day.
- Competition Manager to schedule all outdoor games as late in the afternoon as possible, only using the shaded courts. If later time slots or shaded courts are not available, the Competition Manager has the right to cancel outdoor games. If possible, the decision will be made 24 hours prior to the scheduled game but it may be decided as late as two hours before the game-time.
- In the event of a cancellation, all affected clubs, coaches & team managers will be notified via email by the Administrator. If the cancellation is decided on the day of competition, a text will be sent to all team managers to confirm game cancellations.
- If games proceed, during outdoor court set-up, the two thermometers are to be placed outside – one near the canteen wall and the other placed off the ground in the shade to determine ambient temperature.
- Temperatures are to be checked and recorded prior to the start of each game to keep a record of playing conditions. A camera screen shot is acceptable.
- Ensure SPF 30 or higher, water-resistant sunscreen is available for patrons, players & staff.
- Advise referees to call extra time-outs as needed, reduce playing halves and extend the half-time break by a minute.



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- Ensure indoor game times are adjusted to maintain the same playing conditions for affected divisions.
- Provide additional water stations & ice.
- Ensure referees, officials, HRBA staff, Coaches & Team Managers are aware of the symptoms of heat exhaustion and are instructed to stay alert for signs.
Please refer to 'What is Heat Exhaustion?' help-sheet available at every outdoor scoring bench.

Temperature less than 35.0C

Outdoor games proceed as normal.



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What is Heat Exhaustion?

Heat exhaustion happens when someone becomes dehydrated due to fluid loss from a hot environment and/or excessive physical activity.

The symptoms of heat exhaustion include:

- normal or mildly higher body temperature
- cool, pale, clammy skin
- excessive sweating
- thirsty
- headache
- muscle cramps
- rapid, weak pulse
- fainting or dizziness.

Treatment

- Help the person to lie down in a cool or shady area to monitor.
- Remove excessive clothing and loosen any tight clothing.
- Immerse hands and feet in cold water, cool by fanning and moisten the skin, if possible.
- If fully alert and responsive, give them frequent small drinks of water.
- If muscle cramps occur, gently stretch the affected muscles to ease pain.