

1. RATIONALE

The Southern Tigers Basketball Association (STBA) and its registered teams such as the Southern Junior Basketball League (SJBL) and members have a responsibility to ensure the health and wellbeing of staff, volunteers, players, officials and spectators. In fulfilling this responsibility, all members have a duty to provide and maintain an environment that is safe and without risks to health.

The STBA Hot Weather Policy will assist volunteers, players, officials and spectator to undertake necessary action in cases of extreme hot weather. This is to prevent injury, and possible death, from heat illness by recognising and managing potentially dangerous heat situations.

2. RISKS ASSOCIATED WITH HOT WEATHER

STBA recognises that the risk of an elevated body temperature from high intensity sport in a hot environment is significant and can lead to heat illness presented as heat exhaustion and heat stroke.

Symptoms can be worse if fluid replacement during exercise is inadequate which leads to fluid loss and dehydration. Sports Medicine Australia characterises heat exhaustion by a high heart rate, dizziness, headache, loss of endurance and skill, nausea, clammy and pale skin, and collapse.

Heat stroke is like heat exhaustion but with a dry skin, confusion, collapse and possible coma. It may arise in a player who is suffering from heat exhaustion and has persisted in exercise. This is a potentially fatal condition and must be treated immediately.

3. FACTORS AFFECTING PARTICIPANTS IN HOT WEATHER

STBA recognises that there are a number of factors that may affect participants during days of extreme heat however the policy of the Association will be (without exception) "If the forecast temperature for Adelaide is 38°C or above in the Advertiser/Sunday Mail or the Bureau of Meteorology website, ALL Senior and Junior training sessions indoor and outdoor will be CANCELLED for that day".

4. ADDITIONAL RESOURCES

Additional information can be obtained from Sports Medicine Australia (www.sma.org.au) and Basketball SA, (www.basketballsa.com.au)

Note: If information conflicts with STBA policy, STBA policy will prevail.