

## **SOUTH AUSTRALIAN SOFTBALL ASSOCIATION INC.**

### **HOT WEATHER POLICY**

The South Australian Softball Association (SASA), all Affiliated Associations and Clubs have a duty of care to all players, officials, volunteers and spectators.

The SASA Hot Weather Policy has been developed to assist in identifying actions that need to be undertaken in cases of extreme hot weather. This policy has been developed using guidelines issued by Sports Medicine Australia (SA Branch).

In implementing this policy, consideration should also be given to the needs of the individual, as not all persons will be affected in the same manner.

#### **1. GENERAL**

- 1.1 This policy is known as the "SASA Hot Weather Policy" (hereinafter referred to as The Policy).
- 1.2 The Policy is binding on SASA, all Affiliated Associations and Adelaide Clubs, but may be varied by Affiliated Associations dependent upon local conditions and requirements.
- 1.3 The Policy applies to children, adolescents and adults, irrespective of whether they are players, officials or volunteers, etc.
- 1.4 The Policy applies to but is not restricted to the following events or activities held outdoors:
  - Competition Games
  - Training
  - State Championships
  - Clinics and Sports Camps
  - Trials
  - Other events and activities as may be determined from time to time

#### **2. THE POLICY**

##### 2.1 Ambient Temperature.

For events and activities conducted at West Beach:

Juniors (Under 12, Under 14, and Under 16)

- the event or activity will be cancelled if the forecast maximum temperature (ambient temperature) as advised by the Bureau of Meteorology at 7am on the day of the event or activity is 38 degrees or higher. This forecast is to be obtained by accessing website [www.weatherzone.com.au](http://www.weatherzone.com.au) and entering location post code (5024 for West Beach) and follow the prompts after 7am on the day of the event or activity. This will provide a forecast for the closest reporting location to West Beach (Adelaide Airport).

Seniors (All grades)

- the event or activity will be cancelled if the forecast maximum temperature (ambient temperature) as advised by the Bureau of Meteorology at 7am on the day of the event or activity is 40 degrees or higher. This forecast is to be obtained by accessing website [www.weatherzone.com.au](http://www.weatherzone.com.au) and entering location postcode (5024 for West Beach) and follow the prompts after 7am on the day of the event or activity. This will provide a forecast for the closest reporting location to West Beach (Adelaide Airport).

##### 2.2 Wet Bulb Globe Temperature (WBGT) where access is available.

Irrespective of ambient temperature, if the Wet Bulb Globe Temperature as advised by the Bureau of Meteorology is 28 degrees or higher consideration should be given to cancellation or postponement of the event or activity.

Note: WBGT is available from the Bureau of Meteorology Website [www.bom.gov.au](http://www.bom.gov.au)

##### 2.3 For all events and activities conducted at venues other than West Beach, the above criteria will apply if the event or activity is held within the greater metropolitan area, (postcode ranges 5000 - 5199).

##### 2.4 For all outdoor events and activities conducted outside of the greater metropolitan area, the above criteria will apply, however ambient temperatures may be adjusted dependent upon local conditions and requirements.

### 3. RISKS

3.1 High Intensity exercise in a hot environment, with the associated fluid loss and elevation of body temperature, can lead to:

#### Dehydration

#### Heat Exhaustion

#### Heat Stroke

3.2 **Dehydration**

Fluid loss occurs during exercise, mainly due to perspiration and respiration. It makes an athlete more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke.

**NOTE: Sports Medicine Australia (SA Branch) recommends athletes drink:**

- At least 500mls (2-3 glasses) ½ to 1 hour prior to exercise
- At least 200 Ms (1 glass) every 10-15 minutes during exercise
- And after exercise drink 1.5 times your fluid deficit to ensure you are fully re-hydrated.

3.3 **Heat Exhaustion**

**Dehydration can lead to heat exhaustion:**

- Characterised by a high heart rate, dizziness, headache, loss of endurance/skill/confusion and nausea.
- The skin may still be cool/sweating, but there will be signs of developing vasoconstriction, eg pale colour.
- Athletes will pass little urine, which may be highly concentrated.
- Cramps may be associated with dehydration.

3.4 **Heat Stroke**

**Severe dehydration may lead to heat stroke.**

- Characterised similar to heat exhaustion, but with a dry skin, confusion and collapse.
- Heat stroke may arise in an athlete who has not been identified as suffering from heat exhaustion and has persisted in further activity.

**This is a potentially fatal condition and must be treated immediately by a medical professional.**

3.5 **Heat exhaustion/stroke can still occur even in the presence of good hydration.**

### 4. STRATEGIES

4.1 On days when the forecast is for warm to hot weather but the ambient temperature forecast is below 38 degrees (Juniors) or 40 degrees (Seniors):

4.1.1 Drink Breaks.

Juniors and Seniors

During a game, time allowed for the change of innings should be extended to ensure sufficient time is available for drinks to be taken by all participants.

During any other event or activity, drink opportunities should be provided at least once every 30 minutes.

Juniors

During a game, where 15 minutes or more time has elapsed since the last change of innings, time should be called to allow for additional drink opportunities.

4.1.2. Shades.

Juniors and Seniors

- Shades or shelters must be provided for all events and activities, regardless of whether natural shade is present or not.

4.1.3. Headwear.

Juniors and Seniors

- Suitable headwear should be worn by all participants where possible.

Juniors.

- Preference should be given to legionnaire type caps or broad brimmed hats.

4.1.4 Sunscreen.

Juniors and Seniors

- Broad spectrum water resistant SPF 30+ sunscreen must be made available for use by participants.

4.1.5. Drinking Water.

Juniors and Seniors

- Iced drinking water must be made available for use by participants.

4.1.6. Cooling.

Juniors and Seniors

- Spray bottles containing water should be made available so as to allow participants to douse themselves, thereby assisting in the cooling process.

4.2 On days when the ambient temperature forecast is 38 degrees or higher (Juniors), or 40 degrees or higher (Seniors):

Juniors and Seniors

- 38 degrees or higher all Junior events and activities will be cancelled.
- 40 degrees or higher all Senior events and activities will be cancelled.

**5. DATE OF EFFECT**

- 5.1 The Policy is effective from 13 August 2005 and replaces any Hot Weather Policies that may have previously existed. This policy will remain in place until it is replaced or withdrawn by the SASA Board.

**6. REVISION HISTORY**

Revision No.	Description	Date Approved
00	Initial issue	9/8/2005
1	Contact time for bureau forecast changed from 9am to 7am Revision History and Authorisations added to document	5/6/2007
2	Introduction of weatherzone website as source for forecast	22/7/2008

**7. AUTHORISATIONS**

AUTHOR		DOCUMENT MANAGER		DOCUMENT APPROVED	
Signature	Date	Signature	Date	Signature	Date
Board Member responsible for Documentation		Executive Officer		SASA Board	
K Sampson	9/8/05			SASA Board	9/8/05
K Sampson	5/6/2007			SASA Board	5/6/2007
K Sampson	22/7/2008			SASA Board	22/7/2008

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(The original signed document is on file at S.A.S.A.)