

BNSW Heat Policy

Basketball NSW (BNSW) is highly committed to the health, safety and well being of each and every participant within our sport. In order to enhance the provision of a safe sporting environment BNSW has adopted the '*Sports Medicine Australia Hot Weather Guidelines*'.

In addition to the above guidelines the following checklist is provided for all member associations who host basketball games, camps and clinics within NSW. All association staff & volunteers involved in the organisation of basketball events should be aware of the effect that extreme weather can have on persons playing or attending activities, and therefore put in place adequate safeguards in order to minimise the risk to all its participants, particularly when high temperatures are expected. Associations and competition organisers should also have knowledge of the temperature extremes that may occur at their particular venue(s).

Checklist:

Where high temperatures are expected, competition organisers should make all reasonable attempts to ensure:

1. All persons in attendance are aware of the available first aid equipment, and aware of any first aid or medical personnel that may be at the venue;
2. Referees and Court Supervisors are aware of the symptoms of heat stress and are instructed to monitor and act upon any such symptoms;
3. Court Supervisors should instruct referees to initiate regular extra time-outs during the game, and to shorten the game if deemed necessary;
4. Players and Referees are made aware of the need to regularly hydrate before, during and after each game;
5. There are facilities available for players and all other participants to externally cool themselves with water, fans, air conditioners, etc;
6. Adequate supplies of ice and ice packs are available for use where appropriate;
7. Proper advice is available to coaches and players on the effects of heat, symptoms of heat stress, the need for proper hydration and that there are facilities available to help prevent or to treat heat stress.
8. All stadiums should be equipped with some form of device to accurately monitor the temperature. On hot or humid days, the court temperature must be taken hourly whilst the stadium is in use and should be recorded in a permanent record kept at the stadium. If the stadium is in sections, the temperature should be taken in each individual section.
9. (a) When the court temperature reaches 31 degrees Celsius (or reaches 26 degrees Celsius in regions of high humidity), each team should be encouraged to call at least one time out per half. If no time outs are called by either team during either half of play, the referee or Court Supervisor should ensure that breaks in play are taken at appropriate intervals.
(b) When the court temperature reaches or exceeds 36 degrees Celsius (or reaches or exceeds 30 degrees Celsius in regions of high humidity) games should be postponed, cancelled or abandoned. In the absence of any specific association by-laws, abandoned or cancelled games should be decided in accordance with Articles 38(a), 38(b) & 38(c) of the BNSW Junior League by-laws.

*** Please refer to the *Sports Medicine Australia 'Hot Weather Guidelines'* for more detailed information & further advice.**

