

Bulleen Templestowe Basketball Club



Club – Training & Playing Heat Policy September 2018 – V1

The Training & Playing Heat Policy has been issued by Bulleen-Templestowe Basketball Club to ensure that player welfare is considered during the hot periods of the year. All coaches, managers and venue officials are to adhere to this policy.

This policy is to be read in conjunction with the Basketball Victoria Climate Policy and EDJBA Climate Policy.

If the outside temperature is cooler than the inside court temperature, particularly if there is a cool breeze outside, if it is at all possible stadium doors should be opened to allow the breeze flow through.

It is essential the following steps are taken:

- Full knowledge of availability of first aid equipment and first aid and medical personnel is accessible by all persons attending.
- Officials are aware of the symptoms of heat stress and are instructed to be on the alert to notice any such symptoms.
- Players are made aware of the need to hydrate regularly before, during and after training and that facilities are available for them to do so.
- Facilities are available for players and other persons to externally cool themselves with water, fans or other facilities.
- Adequate supplies of ice and ice packs are available for use where appropriate; and
- Proper advice is available to coaches and players on the effects of heat, symptoms of heat stress, the need for proper hydration and the facilities that are available to prevent or treat heat stress.

In summary:

- Once the court temperature reaches **30 degrees**, then the coach and team manager may consider **implementing the heat policy**.
- Once the court temperature reaches **35 degrees**, it is **compulsory** for the **heat policy** to be implemented.
- Once the court temperature reaches **40 degrees** games and training must be cancelled.

This policy is for BTBC Senior Domestic games and any BTBC team trainings at all levels and does not overrule EDJBA, VJBL, BV or BA game day guidelines.

Evaluation

This policy will be evaluated every 3 years as part of the Club's policy review cycle.

Adoption

Reviewed by the BTBC Board of Management on September 2018