

Sturt Basketball Club Hot Weather Guidelines

Sturt Basketball has adopted the following guidelines regarding the playing or practicing of basketball in hot weather conditions, which relates to players and officials.

Irrespective of the predicted maximum temperature, program managers, competition coordinators, coaches, team managers and referees should adopt the following as appropriate, in cases of hot weather:

Program Managers and Competition Coordinators should:

- Take steps to maximise airflow and reduce heat build-up in stadia,
- Assess playing conditions and advise referees, coaches, managers and members,
- Cancel or postpone games if playing conditions are considered unsafe.

Coaches should:

- Ascertain whether any players have known medical conditions which may be affected by heat,
- Ensure that players take adequate fluid during the game or practice,
- Be alert and react to any signs of distress/potential distress in players,
- Make substitutions as appropriate in games,
- Utilise available time-outs in games and breaks in practices.

Referees should:

- Call additional time-outs in games,
- Extend the breaks between quarters in games.

Team Managers should:

- Ensure that players take adequate fluid before, during and after the game or practice,
- Be alert and react to any signs of distress/potential distress in players,
- Ascertain whether players have medical conditions which may be affected by weather conditions.

No-one should ever feel as though they must play or practice if they believe it is unsafe or they are feeling distressed.

Sturt Basketball Club – Hot Weather Policy (Interim)

Sturt Basketball Club Practices

This Hot Weather Policy solely relates to practices for the Sturt Basketball Club and has been developed to alert administrators, players, coaches and parents/care givers when a practice will definitely be cancelled due to extreme heat.

On days when the forecast maximum temperature for Adelaide, as published in the previous day's late afternoon forecast (normally published between 4:00 pm and 4:30 pm on bom.gov.au) is 38 degrees or higher, all practices will be cancelled for the following day, except those at air-conditioned stadia (currently Walford Anglican Girls School meets this criteria). Practices in air-conditioned stadia will be held at a lower intensity appropriate to the conditions inside the stadium.

On days when the forecast maximum temperature for Adelaide, as published in the previous day's late afternoon forecast (normally published between 4:00 pm and 4:30 pm on bom.gov.au) is 35, 36 or 37 degrees, all practices will be modified to those of a lower intensity appropriate to the conditions in the stadium.

Individual teams and squads may still gather and do alternate activities which require no physical exertion, such as video sessions, culture sessions and team building exercises, provided these activities are held in a comfortable environment. The responsibility for organising and funding these activities rests solely with the individual teams.

Sturt Basketball Club Domestic Games

This Hot Weather Policy solely relates to games for the Sturt Basketball Club Domestic League and has been developed to alert administrators, players, coaches and parents/care givers when games will definitely be cancelled due to extreme heat.

On days when the forecast maximum temperature for Adelaide, as published in the previous day's late afternoon forecast (normally published between 4:00 pm and 4:30 pm on bom.gov.au) is 38 degrees or higher, all games will be cancelled for the following day, except those at air-conditioned stadia (no stadia currently meet this criteria). Games in air-conditioned stadia will have timing conditions modified as below.

On days when the forecast maximum temperature for Adelaide, as published in the previous day's late afternoon forecast (normally published between 4:00 pm and 4:30 pm on bom.gov.au) is 35, 36 or 37 degrees, timing conditions may be modified as below:

- Referees to call a time out at the half way point of each period, if one has not already been called,
- Quarter, half and three quarter time breaks to be extended by one minute.

Interim Policy

This Hot Weather Policy is still under development and will be finalised in the near future.