



*adaption of the*

**SOUTH AUSTRALIAN SOFTBALL ASSOCIATION INC.**

## HOT WEATHER POLICY

*The Glenelg Rebels Softball Club (GRSC) accepts a duty of care to all players, officials and volunteers. In doing so, GRSC adopts the Hot Weather Policy of the Association as detailed in this document.*

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 9am on the day of the event or activity is 38 degrees or higher. This forecast is to be obtained by telephoning 1196 after 9am on the day of the event or activity.

##### **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 9am on the day of the event or activity is 40 degrees or higher. This forecast is to be obtained by telephoning 1196 after 9am on the day of the event or activity.



*Glenelg has also adopted the following for training sessions – whether held at the Marion Sports and Community Club or elsewhere:*

**FOR PARTICIPANTS UNDER 16 (as at 31 December)**

*Should the temperature be forecast by the Bureau as 38 degrees or higher – then training will be cancelled.*

**FOR PARTICIPANTS 16 YEARS AND OVER (as at 31 December)**

*Should the temperature be forecast by the Bureau as 40 degrees or higher – then training will be cancelled.*

*Confirmation can be made with your team coach or manager.*

**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)

*Glenelg recommends you refer to the direct link: <http://www.bom.gov.au/products/IDS65004.shtml> - which is also available on the Glenelg Website.*

**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*

**3.1.1 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.

**3.1.2 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.

### 3.1.3 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.**

**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.

*Glenelg will incorporate drink breaks into training – players are reminded that its good practice to bring along a drink bottle to ensure adequate fluids are available.*

#### 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.

*Players, volunteers and supporters are encouraged to seek shaded areas in times of rest, both at training and games. At our clubrooms, significant levels of undercover areas are available. Freestanding shades are provided for each junior team and they must be utilised.*

### 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.

*At Glenelg, each team kit includes broad spectrum sunscreen – however, personnel are encouraged to apply sunscreen prior to arrival as well, as maximum coverage isn't achieved immediately. Ongoing application is encouraged. Please ask if you don't have cream available as we have supplies.*



**4.1.5. Drinking Water.**

Juniors and Seniors

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

*Players are encouraged to start the training by bringing with them a full bottle of water, and refill water is available at the Club.*

**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 previously issued.

**The SASA Hot Weather Policy original is signed and retained at SASA.**

K Sampson  
President  
09/08/2005

J Hunt  
Vice President  
09/08/2005

Signed

A handwritten signature in black ink, appearing to be "K Sampson".

Position President

Date 13 August 2005

Adopted by the Glenelg Rebels Softball Club – 13/8/05