



<b>Policy Title:</b> Heat Policy	<b>Policy Owner:</b> MBA General Manager	<b>Authorised:</b> MBA President
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### General Introduction

All persons involved in the organisation of games at McKinnon Basketball Association (MBA) must be aware of the effect that extremes of weather can have when playing or attending basketball. To minimise risk to persons, particularly when high temperatures are expected, the MBA has introduced the following heat policy procedures.

This policy is for MBA Domestic games and does not overrule VJBL, BV or BA game day guidelines.

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

<http://basketballvictoria.com.au/policies/>

### Court Temperature

The Venue Manager or Supervisor MUST measure the court temperature hourly with thermometer provided whilst the stadium is in use. Record the date, time and temperature in the temperature log book provided. This will be a permanent record kept by the MBA.

When the court temperature reaches **30 degrees Celsius** the Venue Manager should:

- open stadium doors where the outside temperature is cooler than the inside court temperature, particularly if there is a cool breeze outside
- consider positioning fans, where available, on the players benches
- ensure there are adequate supplies of icepacks for use where appropriate

When the court temperature reaches **35 degrees Celsius** the Venue Manager MUST inform the referees who MUST implement the following modified timing rules:

#### Where games are played in halves:

- the game time must be reduced by 2 minutes per half
- the referee must implement two (2) team timeouts per half. The clock must stop for each timeout
- the referee must call an additional compulsory timeout at the 8 minutes mark of each half.
- Each team must call a timeout before the compulsory timeout and after the compulsory timeout. In the event the coaches do not call a timeout as required, the referees will intervene and call a timeout and attribute them to the respective teams.

When the court temperature reaches **37 degrees Celsius** games must be **abandoned**.

- If a game is abandoned before it commences or before half time or at half time it is counted as a draw;
- If a game is abandoned after half time, the game score stands as the final result.



## McKinnon Basketball Association

### Heat Policy

#### Officials / Players / Coaches

The health, safety and wellbeing of players, coaches and officials is a priority for the MBA.

- Referees should wear shorts when officiating and be aware of the symptoms of heat stress and be on the alert to notice any such symptoms
- Full knowledge of availability of first aid equipment and first aid and medical personnel is accessible by all persons attending
- As a general guide, players and referees are advised to drink about 500ml (2 cups) of water in the 2 hours before exercising. During exercise lasting 60 minutes or longer, 500-750ml (2-3 cups) of fluids per hour should be sufficient to prevent dehydration. Constant sipping is also advised.
- Coaches should consider a common-sense approach during games where high temperatures are experienced by:
  - Ensuring players are aware of the need to hydrate regularly during, before and after the game
  - rotating players to ensure rest and rehydration
  - utilising all timeouts to ensure players rehydrate
  - taking a balanced approach to game play ie man to man defence in back court rather than full court
- Where possible teams should make every effort to provide extra drinks and wet towels for games during these hot periods.