



## Extreme Heat Policy

### DOCUMENTATION CONTROL RECORD

<b>Document Title</b>	Extreme Heat Policy, May 2017, Endorsed v1.0
<b>Document Owner</b>	Secretary
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### PURPOSE

The purpose of this policy is to provide guidance to coaches, parents and players on the best approach to ensure a safe training and playing environment on days of extreme heat. This policy applies to teams training at Ashburton Primary School gym and contains links to Waverley Basketball Association (WBA) and Melbourne East Basketball Association (MEBA) policies. For other training venues please refer to their venue policies.

### DESCRIPTION

- Training for all age groups will automatically be cancelled when the temperature forecasted by the [Bureau of Meteorology](#) on the day of the training session is 35° C or more. The exception to this guideline is for teams training in the morning where the forecasted temperature has not yet been reached, in this case it is up to the discretion of the coach.
- On hot days which do not fall into the category of an extreme heat day (i.e. 30 – 34°C) the safety of the players can be maintained with a common-sense approach. Coaches can amend the training program to ensure it is not too intense and provide regular drink breaks. Players should be instructed to drink regularly and rest if they become too fatigued.
- Competitive game duration may be altered during extreme heat (temperatures of 35°C and over) and games abandoned where temperatures exceed 40°C. Please see the [Waverly Basketball Associations \(WBA\)](#) and the [Melbourne East Basketball Association \(MEBA\)](#) policies for more information.

### COMMITTEE DISCRETION

This policy can be varied at the discretion of the Ashy Basketball Club committee.

### QUESTIONS

For all questions please email the Ashy Basketball Club committee: [ashybasketballclub@gmail.com](mailto:ashybasketballclub@gmail.com)