

MASTERS HEAT POLICY

Guidelines

"Veteran participants may have difficulty coping with exercise in the heat. Reduced cardiac function is thought to be responsible for this effect." **Australian Sports Medicine Federation (N.S.W. Branch) "Hot Weather Guidelines" (Revised Edition November 2005)**

Heat illness in sport presents itself as **heat exhaustion** or **heat stroke**. Heat stroke is potentially fatal and must be treated immediately.

Symptoms

High heart rate.
Dizziness.
Headache.
Loss of endurance/skill/motor co-ordination.
Nausea.
Confusion.
and
Pale skin/ lack of sweating if heat stroke developing.

Preventative measures to minimise risk on the field include:

Ensure all wear a sun hat.
All players to drink 2 glasses of water prior to start of play.
Frequent drinks intervals -perhaps one every half hour; cool but not iced water is the most appropriate.
5 minutes rest every hour.
Split batting innings and rotate batting sides at 20 overs.
Maximum bowling spells of 4 overs.
Allow players to bring drink/ spray bottles on to field during play between drinks breaks.

Preventative measures to minimise risk off field (and if anyone retires with heat exhaustion) include:

Provide fans in dressing rooms
Lay down affected player in cool/shaded place
Raise his legs
Cool by wetting skin liberally

Heat Policy for over 40s and over 50s cricket

Should the ABC news weather forecast at 9.30am on the day of play be for a maximum temperature of more than 40 degrees, then all scheduled matches shall be abandoned for the day. It is the captains' responsibilities to monitor the news broadcast on any day that the likely temperature is to exceed 40 degrees.

Captains must ensure prior to commencement of play that they ask all their players to advise them of any medication they may be on. (This could be highly relevant if an incident occurs and there is a need to ring or consider ringing an ambulance.)

Where play proceeds (that is where the ABC forecast is for less than 40 degrees, the Umpires or Captains are to telephone (02) 9296 1655 (Bureau of Meteorology (NSW) Temperature Advisory Service) and follow the automatic menu for Sydney City or other metropolitan location prior to commencement of play and then at the scheduled breaks in play (drinks and tea) to check the current temperature. Should it reach more than 40 degrees then play is to be suspended until the temperature drops to 40 degrees or less.

Umpires and captains by agreement are empowered to terminate play for the day in the interests of participant welfare.

Where there is a desire **by both sides** to continue, the temperature shall be monitored half hourly and play can only recommence when it has dropped to 40 degrees or less.

Breaks in play must be recorded in both scorebooks

Note! There will be no reduction in overs for adverse weather. Play may continue until 7pm to make up for time lost.

Clubs are urged to reinforce to players the protective measures (E.g. sunscreen, appropriate hats/caps and fluid intake) that should be adopted to cope with sun and heat situations

Appendix

Days when temperature exceeded 36 degrees in season Oct 2006- March 2007

Month	Penrith	Observatory Hill
October	13 Oct - 37.8	-
	14 Oct - 37.8	
November	5 Nov - 36.0	
	11 Nov - 36.0	
	21 Nov - 40.9	
	22 Nov - 39.3	22 Nov - 38.4
	25 Nov - 36.2	
	28 Nov - 39.8	
December	1 Dec - 40.4	-
	11 Dec - 40.3	
January	11 Jan - 40.2	
	12 Jan - 40.9	
	17 Jan - 37.6	
	20 Jan - 40.6	21 Jan - 38.7
	30 Jan - 38.8	
February	-	-
March	3 Mar - 36.6	