



## Extreme Heat Policy

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This policy is aimed 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.

**The club's policy is that training will automatically be cancelled on days of Extreme Heat unless at Monash University which is effectively air conditioned.**

A day of **Extreme Heat** is defined as:

- For all U8 and U10 Girls Friday training sessions at Waverley . A day when the Bureau of Meteorology is forecasting the day to be 35°C or more at 6pm the night before.
- For all U8 and U10 Boys and U10 Girls training sessions at all courts other than Waverley . A day when the actual temperature has reached 35°C or more at 3pm.
- For all U12 to U18 Girls and Boys . A day when the actual temperature has reached 38°C or more at 3pm **if** the training session commences **prior** to 7pm.

The temperature used for this policy will be that which is published for Melbourne on the home page of the Bureau of Meteorology website, [www.bom.gov.au](http://www.bom.gov.au). Training will not be cancelled or continued outside of the criteria listed above unless approved by the Head Coach of the Age Group. The Facilities Coordinator must be notified of all decisions to cancel training to avoid paying for unused court time and venues being left unsecured.

All U12 to U18 training sessions commencing at 7pm or later will continue regardless of the temperature reached on that day. However, if conditions remain 'extreme' then a common sense approach will be adopted and the coaches and players will modify the training to suit the conditions, i.e. extra drink breaks, reduced intensity drills etc.

On hot days which do not fall into the category of an extreme heat day, 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. Parents should ensure players have adequate water available before, during and after training. Players should bring extra water bottles, drink regularly and rest if they become too fatigued. Naturally, parents can choose to keep their child away from training if they believe it is in their best interest.

With regard to competition game days, the policy of the Waverley Basketball Association for the junior domestic competition is the overriding policy. This policy can be found on their website [www.waverleybasketball.com](http://www.waverleybasketball.com) and takes account of the air conditioning facility in place at the WBA stadium. The main focus of their policy is to reduce game time and provide extra compulsory time outs. In any case, the Malvern Tigers Executive Committee have the authority to cancel all competition games for club teams on days of extreme heat should we believe it is in the best interest of the players.

Where a player has any special medical conditions parents should take professional advice concerning their child's participation in training and games on any hot days.

This information is posted on the club's website [www.malverntigers.org](http://www.malverntigers.org)