The Central Districts Softball Association has a duty of care to players, officials, volunteers and spectators. This Hot Weather Policy (hereinafter referred to as the Policy) indicates actions to be taken in instances of extreme hot weather.

The CDSA Policy is based on the Softball SA Hot Weather Policy, which is binding on all affiliated Associations. The SSA policy was developed with assistance from Sports Medicine Australia (SA Branch). However, the SSA Hot Weather Policy can be varied to accommodate local conditions hence this CDSA Policy.

This policy applies to children, adolescents and adults irrespective of whether they are players, officials or volunteers.

# General

* 1. This Policy is binding on all members of CDSA including clubs, players, officials and volunteers.
  2. This Policy applies to children, adolescents and adults whether they may be players, officials or volunteers.
  3. Consideration should be given to individual needs as not all persons are affected in the same manner.

# Policy

* 1. Match restrictions will take effect upon the following conditions:
     1. The forecasted temperature in Elizabeth at 7:00pm **the night before** any match day on Channel 2 (ABC) is 36o Celsiusor higher;
        1. 3 Minutes hydration break will be allowed between changes of half innings for all **Grades** to allow participants to re-hydrate;
        2. The CDSA Management Committee reserves the right to replace the 3 minute hydration break by reducing the **junior** game time to 60 minutes if deemed appropriate.
        3. The CDSA Management Committee reserves the right to cancel ALL scheduled matches on the day if the forecast is revised up to 40o Celsius or higher overnight. *(new forecasts are published at 5:15am on the Bureau of Meteorology website)*; and
        4. If the CDSA Management Committee cancels the **junior** games on the day, all Club secretaries will be informed by 7:00am on the day of the game.
     2. The forecasted temperature in Elizabeth at 7:00pm **the night before** any match day on Channel 2 (ABC) is 38o Celsiusor higher;
        1. All **Junior** grade games will be cancelled and may be rescheduled at CDSA Management discretion
     3. The forecasted temperature in Elizabeth at 7:00pm **the night before** any match day on Channel 2 (ABC) is 40o Celsiusor higher;
        1. All **Senior** games will be cancelled and may be rescheduled at CDSA Management discretion

# Risks

(The following is taken from the SSA Hot Weather Policy):

* 1. High intensity exercise in a hot environment, with the associated fluid loss and elevation of body temperature, can lead to Dehydration; Heat Exhaustion and Heat Stroke.
  2. Dehydration
     1. 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.
     2. Sports Medicine Australia (SA Branch) recommends athletes drink:
        1. At least 500 mls (2-3 glasses) ½ to 1 hour prior to exercise
        2. At least 200 mls (1 glass) every 10-15 minutes during exercise
        3. And after exercise, drink 1.5 times your fluid deficit to ensure you are fully re-hydrated.
  3. Heat Exhaustion
     1. Dehydration can lead to Heat Exhaustion
        1. Characterised by high heart rate, dizziness, headache, loss of endurance / skill / confusion and nausea
        2. The skin may be cool / sweating, but there will be signs of developing vasoconstriction (e.g. pale colour)
        3. Athletes will pass little urine, which may be highly concentrated
        4. Cramps may be associated with dehydration
  4. Heat Stroke
     1. Severe Dehydration may lead to Heat Stroke
        1. Characterised similar to heat exhaustion but with a dry skin, confusion and collapse.
        2. Heat stroke may arise in an athlete who has not been identified as suffering from heat exhaustion and has persisted in further activity.
     2. This is a possibly fatal condition and must be treated immediately by a medical professional.
  5. Heat exhaustion / Stroke can still occur even in the presence of good hydration.

# Recommendations

* 1. On all days when the forecast is for hot weather but below 36o Celsius it is recommended the following strategies are implemented:
     1. Drink Breaks
        1. Extended time between innings and sufficient time available for drinks to be taken by all participants
        2. In any case drink breaks should be provided at least once every 30 minutes
        3. **Juniors** should be allowed additional drink opportunities and at least once every 15 minutes.
     2. Shades
        1. Provided for all events and activities even whether natural shade is available or not
     3. Headwear
        1. Suitable headwear should be worn by all participants where possible
        2. Legionnaire-type headwear or broad-brimmed hats are preferable styles for juniors
     4. Clothing
        1. Juniors should wear sleeves that fully cover shoulders throughout the duration of a game

* + 1. Sunscreen
       1. Broad spectrum and water resistant sunscreen applied liberally and repeatedly.
    2. Drinking Water
       1. Should be available to use by participants
    3. Cooling
       1. Clubs should provide spray bottles, which will allow participants to douse themselves thereby assisting in the cooling process.
  1. The aforementioned strategies are also recommended with the forecast temperature is over 36o Celsius.

# Date of Effect

This policy is effective 18 October 2019. The CDSA Management Committee will review the Policy annually.

# Change History

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| --- | --- |
| 20091104 | CDSA Sun Smart Policy re-written & this policy created from the re-write |
| 20100301 | Policy revised as relates to junior competition |
| 20141023 | Policy revised to change temperature cut-off for junior and T-Ball and removing reference to rescheduling games.  Addition of covered sleeves under Clothing in recommendations  Redesign of document. |
| 20191018 | Remove Teeball cancellation at 36oC due to games shifting to 9am.  Amend replaying of games may occur at management discretion |
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