

**HOT WEATHER POLICY**

With common sense, players can cope with our extremely hot summer days. A common sense approach should see coaches rotating players regularly to ensure a full rest break each half, the full utilisation of time outs to ensure players take drinks and short rest breaks and a balanced approach to the tempo of the game (i.e man to man defence commences in the back court rather than a full court approach).  
  
Where possible, players/parents should encourage to bring two (2) drink bottles & a wet towel with them to games & training sessions during these hot periods.  
  
Where a player has any special medical conditions, professional advice should be sought concerning their participation. Unless medical advice prohibits the player participating in hot weather players are encouraged to play so as to avoid the remaining team members having to increase their playing time.

When the temperature on court reaches 35 degrees celsius, the DV Extreme Heat Policy must be invoked. The referees are to call 2 mandatory time outs at or immediately after the 6 and 12 minute marks of each half of the game regardless of the number of timeouts used by the coaches. Even if one coach does not call any timeouts, the players will still have 4 timeouts in each half providing ample opportunity for players to have a break. While coaches can take advantage of the time out to talk to players, the timeout is essentially designed to be used as a drinks break for both players and referees.

**TRAINING SESSIONS:**

If the temperature in Melbourne for a scheduled training day is forecast to be 35 degrees or higher on the Bureau of Meteorology website (www.bom.gov.au) all training sessions will be cancelled.

An email or text will be sent out advising Coaches & Team managers of the cancellation. It is the responsibility of Coaches and Team Managers to ensure all parents/players are aware of the cancellation. A notification will also be added to the clubs Facebook page.  
**SIGNS / SYMPTOMS TO LOOK OUT FOR**

It is important to know the signs and symptoms of heat exposure and how you should respond.  Children may show signs of restlessness or irritability. Treatment options vary according to the type of heat-related illness. Apply first aid and seek medical assistance immediately if you, or someone you are with, shows any sign of heat exhaustion or heat stroke.

**HEAT CRAMPS**  
These include muscle pains or spasms, usually in the abdomen, arms or legs. They may occur after strenuous activity in a hot environment, when the body gets depleted of salt and water. They may also be a symptom of heat exhaustion.  
***TREATMENT:***   
Stop activity and sit quietly in a cool place.  
Increase fluid intake.  
Rest a few hours before returning to activity.  
Seek medical help if there is no improvement

**DIZZINESS & FAINTING**  
Heat related dizziness and fainting results from reduced blood flow to the brain. Heat causes an increase in blood flow to the skin and pooling of blood in the legs, which can lead to a sudden drop in blood pressure. There can be a feeling of light-headedness before fainting occurs.  
***TREATMENT:***   
Dizziness and fainting  
Get the person to a cool area and lay them down.  
If fully conscious, increase fluid intake.  
 **HEAT EXHAUSTION**

This is a serious condition that can develop into heat stroke. It occurs when excessive sweating in a hot environment reduces the blood volume. Warning signs may include paleness and sweating, rapid heart rate, muscle cramps (usually in the abdomen, arms or legs), headache, nausea and vomiting, dizziness  
***TREATMENT:***  
Get the person to a cool area and lay them down.  
Remove outer clothing.  
Wet skin with cool water or wet cloths.  
Increase fluid intake if they are fully conscious.  
Seek medical advice.  
 **HEAT STROKE**

This is a medical emergency and requires ***urgent*** attention. Heat stroke occurs when the core body temperature rises above 40.5C and the body’s internal systems start to shut down. Many organs in the body suffer damage and the body temperature must be reduced quickly. Most people will have profound central nervous system changes such as delirium, coma and seizures. The person may stagger, appear confused, have a fit or collapse and become unconscious. As well as effects on the nervous system, there can be liver, kidney, muscle and heart damage.  
The symptoms of heat stroke may be the same as for heat exhaustion, but the skin may be dry with no sweating and the person’s mental condition worsens. ***TREATMENT:***   
Heat stroke is a medical emergency and requires urgent attention!  
Call triple zero (000) for an ambulance.  
Get the person to a cool, shady area and lay them down while you’re waiting for emergency medical help.  
Remove clothing and wet their skin with water, fanning continuously.  
Do not give the person fluids to drink.  
Position an unconscious person on their side and clear their airway.  
If medical attention is delayed, seek further instructions from ambulance or hospital emergency staff.

**PREVENTION**

Some tips to prevent heat stress include:

· Keep up your fluids – you need to drink more during hot weather, regardless of how active you are. Do not wait until you are thirsty to drink. Drink plenty of water or other cool, non-alcoholic fluids. (Check with your doctor if you are on limited fluids or fluid pills.) Avoid drinks that contain lots of sugar. Don’t have extremely cold liquids, as they may cause stomach cramps.

· Avoid exposure to heat – stay out of the sun as much as you can

· Limit physical activity – too much physical activity on a hot day can lead to heat stress. If you can, restrict activity to cooler parts of the day.

· Stay cool – and keep air circulating around you. Take a cool shower, bath or sponge bath.

· Keep up your energy levels – eat regular, light meals.

· Watch out for others – check on older, sick or frail people who may need help coping with the heat (at least twice a day).

**WHERE TO GET HELP**   
In an emergency, call triple zero (000)  
Your doctor – if you, or someone you know, may be suffering from a heat-related illness  
  
**GO JETS!**



**Eltham North Jets Basketball Club**

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