



Hot Weather Policy

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Introduction

- 1.1 The health and well-being of all those involved in playing, coaching, officiating or administrating badminton is a priority issue for South Aust Badminton Association Inc. (SABA).

SABA acknowledges that Heat Stress injury can occur but is preventable. SABA will promote and encourage appropriate modified behaviour and in extreme situations will cancel events where it feels safety of participants is at serious risk.

Scope

- 1.2 This policy impacts all badminton activity conducted by SABA and Affiliates where activity is undertaken in an environment where the temperature;
- is 36⁰ C (for junior players) or higher or
 - is 38⁰ C (for senior players) or higher
- at 5 pm (or 2 and a half hours prior to the scheduled start), on the day of the event. While not exhaustive, the scope of this policy includes;
- SABA hosted national and major events,
 - SABA and Affiliate tournaments (sanctioned, open / closed and internal),
 - SABA and Affiliate competitions,
 - SABA and Affiliate coaching and training sessions, and
 - Other scheduled or coordinated SABA or Affiliate badminton activity.

General Policy

- 2.0 Where the environment is;
- 36⁰ C (for junior events) or higher at 5 pm (or 2 and a half hours prior to the scheduled start), or
 - 38⁰ C (for senior senior/open events) or higher at 5 pm (or 2 and a half hours prior to the scheduled start), on the day of the event;
- in a non air-conditioned location used for badminton activity, or such circumstances exist in an air-conditioned environment for whatever reasons, the following shall occur:
- 2.0.1 Cancel or reschedule the tournament, competition or other badminton activity if the temperature at 5 pm, (or 2 and a half hours prior to the scheduled start) on the day of the activity is 36⁰ C (for junior events) or 38⁰ C (for senior senior/open events) or higher.
- When section 2.0.1 is applied to Lockleys venue for Competition Events, the clubs involved are to be informed by the competition committee, the clubs are responsible for informing their members.
- For assessing the temperature, the SA Bureau of Meteorology shall be the reference source in respect to the suburb / town location at which the badminton activity is to be held. (e.g. Lockleys will reference the Adelaide Airport as the official SA Bureau of Meteorology source, Other venues including Regional affiliates would reference their nearest suburb/town).
- 2.0.2 Cancel or reschedule tournaments, competitions and other badminton activities if the temperature at the venue reaches or exceeds 36⁰ C (for junior events) or 38⁰ C (for senior senior/open events) during the activity for a 30-minute continuous period. In respect to tournaments, the Referee, or in the absence of a Referee(s), the Tournament Organiser(s) shall be responsible for determining and implementing this requirement.

- 2.0.3 If the predicted temperature for the Lockleys venue is 38⁰ C or greater on the day of the event, Club's Social events can be cancelled with at least 24 hours' notice to the board, without financial penalty.
However, the Clubs cannot then decide to use the venue as its availability will ONLY be through the casual booking process.
- 2.0.4 Junior State Team and State team training will be cancelled if the temperature at 5 pm, (or 2 and a half hours prior to the scheduled start) on the day of the activity is 36⁰ C.
For assessing the temperature, the SA Bureau of Meteorology shall be the reference source in respect to the suburb / town location at which the badminton activity is to be held. (e.g. Lockleys will reference the Adelaide Airport as the official SA Bureau of Meteorology source, Other venues including Regional affiliates would reference their nearest suburb/town).
- 2.0.5 SABA and Affiliates will strategically place the "Beat the Heat" fact sheets and SABA's Hot Weather Policy within badminton venues.
- 2.0.6 Badminton SA will ensure the Hot Weather Policy is available on the SABA website and distributed to Affiliates and any update is circulated and published to the web in a timely manner.
- 2.0.7 Organisers will ensure entry forms associated with sanctioned tournament are appropriately endorsed identifying the event is subject to the SABA Hot Weather Policy and Guidelines and a copy can be obtained from the website.
- 2.0.8 To obtain the daily temperature observations at the Adelaide Airport, visit;
<http://www.bom.gov.au/products/IDS60901/IDS60901.94672.shtml>
- 2.0.9 Alternatively, use the Bureau of Meteorology app on your smartphone, available from the play store on Android devices and App store on iOS Devices. Select the location of the Adelaide Airport for the Lockleys venue, or the nearest suburb/town for other venues.

Policy Application

2.1 This Policy shall be applied in the following manner;

SABA hosted national and major events

2.1.1 Unless in contradiction of any BA policy governing badminton activity during hot weather, this policy will apply to any national event staged in South Australia. Similarly, this policy will apply to major events (e.g. Master's Games) unless in contradiction to the governing bodies policies.

SABA and Affiliate tournaments (sanctioned, open / closed and internal)

2.1.2 Organisers should ensure athletes are made aware one way or another that a tournament will not be conducted where 2.0.1 applies at the geographical location at which the event is to be held. Similarly, tournament organisers have a responsibility to monitor the temperature during the activity in line with 2.0.2.

SABA and Affiliate competitions

2.1.3 This policy shall apply to both SABA and Affiliate conducted competitions in respect to cancelling, postponing or suspending play in line with 2.0.1. Night time (evening) activities represent the only acceptable potential exception to the application of 2.0.1.

It is recognised that competitions are generally staged in the evening when the temperature may have dropped compared to the forecast maximum temperature for the day. Geographical and environmental factors will dictate if appropriate to proceed with evening activities. This decision needs to be managed as part of the rules of the competition, recognising however that 2.0.2 will automatically apply when appropriate.

SABA and Affiliate coaching and training sessions

2.1.4 Coaches and organisers need to manage (re-schedule or cancel) coaching and training sessions in line with the requirements of this policy. Management shall be in a manner as agreed and communicated with the participants.

Other scheduled or coordinated badminton activity

2.1.5 Where a scheduled or coordinated badminton activity consists of a physical component, either the activity shall be postponed or cancelled or the nature of the activity shall be modified to remove the physical component. It is not intended that this policy impacts social events and similar (e.g. club barbecue).

Exclusions and Liability

- 2.2 This policy does not apply to sanctioned tournaments, competitions, coaching, training or other badminton activity that is held within air-conditioned venues and the environment is less than 36^o C during the period of the activity.

Organisers of competitions in air-conditioned venues are to make participants aware of the risks of playing in extreme temperatures and should draw participants attention to the SABA Hot Weather Policy and Guidelines and ways in which to manage heat.

If a SABA or Affiliate event is cancelled or rescheduled because of the application of this policy, SABA, its Board, Members and servants will not be held liable for any associated impact and expense.

Policy Review

- 3.0 This policy will be reviewed at least every three (3) years.

Appendix A - Hot Weather

Guidelines

Introduction

Vigorous exercise, such as badminton, places some people at risk of heat illness, especially in hot weather. If untreated, heat illness can lead to the more serious and potentially life-threatening condition of heat stroke. By understanding the causes of heat illness health professionals, coaches, athletes and anyone involved in sport or physical activity can help prevent heat illness by using the advice provided in the Guidelines to minimise the risks promoted by Sports Medicine Australia.

Most of the advice involves simple rules of common sense. Listen to your body and stop or slow down if you feel unwell. This is particularly important for children. Make sure that you have access to cool drinking water and take particular care in the hottest parts of the day or year.

Advice to tournament organisers

During summer months when staging tournaments, develop entry forms, event management and timings in a way which is not taxing but considerate of player health and wellbeing. This may include not having round robin groups and additional events and providing relaxed timings and catering for 5 minute breaks.

Encourage athletes to take the maximum 3-minute rest period permitted between games.

Where athletes compete in 2 consecutive matches, introduce a rest period of up to 10 minutes between matches.

Prior to the commencement of play for the day, reinforce measures athletes should take to minimize the impact of heat exhaustion.

Advice to athletes

Drink sufficient water in the hours prior to playing sport and hydrate regularly during the course of the activity.

Maintain a good level of personal fitness in summer months.

In accordance with the rules of badminton, make full use of the 3-minute break between games of badminton and the time-out rule. In accordance with this policy, seek to have a 10-minute break when required to play consecutive badminton matches.

Advice to coaches

In addition to complying with this policy, when coordinating coaching and training sessions and alternative fitness activities, coaches should be familiar with individual player health data which may impact activity during hot weather.

During the summer months it is recommended coaches ensure alternative activities are planned should heat necessitate cancelling / postponing scheduled activity.

Other considerations

Athletes 15 years or younger and badminton participants over 65 years should make themselves aware of the increased risks and in turn take extra precaution when playing badminton in higher temperatures.

References

Sport Medicine Australia's fact sheet "Beat the Heat".