



CHELSEA & DISTRICT NA EXTREME WEATHER POLICY

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1. INTRODUCTION

This policy outlines Chelsea & Districts Netball Association approach to protecting the safety of participants during hot weather. Warm to hot weather creates a risk that participants may experience a form of exertional heat illness, such as muscle cramps, fainting, heat exhaustion and even heat stroke.

The aim of Chelsea & Districts Netball Association Heat Policy is to:

- Protect the health, safety and wellbeing of everyone who participates, including volunteers, families, coaches and officials.
- Detail strategies for participation to continue with appropriate mitigation and risk management strategies in place.

Should a person wish to make any enquiries in relation to this Policy, please contact the Chelsea & District Netball Association Secretary chelsea.district.netball@gmail.com

2. POLICY STATEMENT

Chelsea & District Netball Association is committed to ensuring our sport is accessible to everyone and we take every opportunity to provide the highest level of service to all members and participants.

Chelsea & District Netball Association has a duty of care to protect the health, safety and wellbeing of participants, during warm to very hot weather and heatwaves and extreme wet and storm weather. When there is a risk of exertional heat illness, Chelsea & District Netball Association commits to acting in the best interest of all participants by implementing mitigation strategies.



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3. SCOPE

This policy applies to all people involved in our organisation, including committee members, volunteers, coaches, officials, participants, parents and guardians. It covers all activities in which people are physically active. It covers situations where people are inactive yet situated in hot, sunny conditions, or outside with lightning strikes in the area, such as volunteers, parents, spectators and coaches.

This policy is designed to reduce the risks and prevalence of injury and illness which can occur when people play sport during extreme weather conditions.

4. RECOGNISING EXERTIONAL HEAT ILLNESS

Exertional heat illness can be categorised from **mild** to severe, including muscle cramps, heat syncope (fainting), heat exhaustion, heat injury and heat stroke (life threatening).

Associated signs and symptoms can include:

- Headache.
- Light-headedness and dizziness.
- Nausea and vomiting.
- Fatigue.
- Change in personality (disorientation, confusion, irrational behaviour, irritability).
- Change in performance (unsteadiness, loss of balance and coordination, loss of skills).
- Seizures.
- Loss of consciousness.
- Cardiac arrest.

People to whom this policy applies need to be aware that exertional heat illness can occur whenever there are actual or potential environmental, individual and organisational risk factors, and it is in these circumstances that Chelsea & District Netball Association is committed to reducing the risk of occurrence.

NOTE: Exertional heat illness can be life threatening, therefore, if a person is concerned about an immediate risk to an individual's health and safety, the person must phone "000" (or "112" from a mobile when you are out of your service provider's coverage area) as soon as practicable.

5. RISK FACTORS FOR EXERTIONAL HEAT ILLNESS

Chelsea & District Netball Association recognises that multiple factors pose a risk to the health and safety of participants, including the environment, factors specific to individuals and factors specific to our sport.



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Environmental Risk Factors

Climate related environmental risk factors can increase the risk of illness and injury.

Risk factors include:

- Air temperature.
- Humidity (it becomes more difficult to regulate body temperature in higher humidity due to a decrease in sweat evaporation).
- Wind speed (this affects the rate of water evaporation).
- Radiant temperature (such as radiant heat from ground surface).
- Lightning in the local area

Individual Risk Factors

The following individual risk factors are relevant our participants. These factors need to be understood by everyone involved at Chelsea & District Netball Association

- **Age:** Children and adults over 65 are considered at greater risk.
- **Poor physical condition:** Some people may experience heat illness at lower temperatures due to exercising beyond current capacity.
- **Inadequate acclimatization:** This occurs when our body is not conditioned to warm and/or humid climates.
- **Illness or medical conditions:** Individuals may be more affected by heat due to medications and illness.
- **Dehydration and electrolyte imbalances:** Good hydration is needed to keep your body's core temperature down during sport or hot conditions. You must rehydrate to compensate for what the body loses in sweat.

Sport Risk Factors

Sport risk factors are specific characteristics of the sport activity which can contribute to an increased risk of exertional heat illness. The following risk factors are relevant to Chelsea & District Netball Association Match days and Club/ Team Training sessions

Many of these risk factors can be adjusted to reduce some of the risk of exertional heat illness.

- **Lack of awareness** need for Education of Hydration, symptoms and preventable measures to exertional heat illness;
- **Temperature and Humidity** playing netball outside on synthetic courts when the temperature and/or humidity is high; reduce playing time & training sessions
- **Level and duration of activities.** The longer the activity and the more intense, the higher the risk, reduction in Netball match / training time
- **Time of play.** Risks are highest between 11am and sunset. Netball Matches/ training sessions may require cancellation



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6. MITIGATION STRATEGIES

The risks of exertional heat illness being suffered by participants can be reduced through a range of mitigation strategies. These strategies can be implemented by everyone. In particular, individuals with a duty of care to participants should consider appropriate mitigation strategies during warm to very hot weather conditions

Chelsea & District Netball Association will implement the following sport modification parameters if there is a risk of exertional heat illness to participants.

Responsibilities of Association Clubs and Teams coaches

Monitor players, coaches and spectators closely and recognise signs and symptoms of exertional heat illness

Hydration

- Promoting hydration strategies including drinking to thirst before, during and after physical activity and reducing intake of sugar sweetened beverages, coffee and alcohol.

Water and cooling

- Encouraging participants to bring additional drinking water
- Increasing availability and access to water for drinking and where appropriate, mist sprays
- Encourage participants to bring ice slurry drinks and cold towels
- Rotation of players

Responsibilities of Chelsea & District Netball Association Shade

- Increasing the amount of shade available by providing portable shelters
- Players allowed to leave court in break times to take refuge in shaded areas

Water and cooling

- Increasing availability and access to water
- Canteen to provide icy poles

Timing changes

- Increasing length of breaks
- Shorten duration of Matches

Incidents

- Professional first aid responders, or qualified first aid personnel, are on site.
- Monitor players, umpires and spectators closely and recognise signs and symptoms of exertional heat illness



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7. ACTIVATING THIS POLICY

This policy must be referred to if it is determined by Chelsea & District Netball Association that there is a risk of exertional heat illnesses during immediate or upcoming matches, games, training sessions, activities, competitions or events.

Climate forecasts are available up to seven days before an event. Chelsea & Districts Netball Association will monitor forecast ambient temperatures so that appropriate plans and communications can take place.

Chelsea & District Netball Association use the Bureau of Meteorology (BOM) as the source of climactic information. All committee members, coaches and officials should ensure they have access to:

- The BOM Weather smartphone app <http://www.bom.gov.au/app/>. This provides information on ambient temperature and Apparent Temperature (AT) which includes air temperature and humidity and appears on smartphone app as e.g. 'feels like 20.1C'.
- The BOM website: Forecast Summary of Victorian Towns <http://www.bom.gov.au/vic/forecasts/towns.shtml>

Chelsea & Districts Netball Association subscribes to The Emergency Management Victoria app and will receive alerts for heat, cold and thunderstorm asthma.

8. SHORTEN DURATION OF MATCHES

*If on days of **31-35 degrees and above** Chelsea & District Netball Association Management will consider modifying or cancelling matches:*

- *Games run 4 x 9 minute quarters | No break at ¼ & ¾ time | 2 minutes at half time.*
- *Shorten duration - run 4 x 8 minute quarters*
- *Provide 1 minute at ¼ time & ¾ time | Coach or TM to bring drinks on to the court*
- *Provide 3 minutes at half time*
- *Games will remain at scheduled times of 8.10am 9.00am 9.50am, 10.40am, 11.30am, 12.20pm, 1.10pm & 2.00pm.*
- *If in the case of cancellation Clubs / Teams will be notified 30 minutes before the start of the scheduled match time.*



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The risks of exertional heat illness will increase where relative humidity is above what the table indicates.

Forecast or current ambient temperature	Actions for consideration Days and Training sessions	Match	Responsibilities
21C-25C Humidity exceeds 70%	<ul style="list-style-type: none"> • Promote hydration strategies • Ensure participants have easy access to shade • Monitor Health of participants 		Club & Parents Coach Clubs, Coaches & Parents
26C-30C Humidity exceeds 60%	<ul style="list-style-type: none"> • Promote hydration strategies • Ensure participants have easy access to shade • Consider less intense and shorter duration activities at training sessions and warm up on Match days • Monitor Health of participants 		Club & Parents Coach Coach Club & Coaches
31C-35C and above Humidity exceeds 50%	<ul style="list-style-type: none"> • Actively monitor the health and well-being of all participants • Be cautious of over exertion during training sessions and warm up on Match days • Rotation of player • Consider less intense and shorter duration activities at training. • Promote hydration strategies and provide additional water • Ensure participants have easy access to shade • Consider shortening quarters or cancellation of Matches 		Club Coaches Coach Coach Coach Association Coaches & Umpires Association



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9. ROLES AND RESPONSIBILITIES OF CHELSEA & DISTRICT NETBALL ASSOCIATION PERSONNEL

CDNA BY-LAWS OUTLINE FOR MATCH DAYS;

29.6 *Weather – In the case of extreme weather conditions, the Chelsea & District Netball Association shall refer to the Association's Weather Policy.*

CDNA has the responsibility of the protecting participants from exertional heat illness include the committee members, parents and volunteers and will refer to this policy for any decision that may impact Match day times and/or cancellation.

CDNA Clubs and Coaches have responsibilities in relation to protection of all members at training sessions and match days are expected to:

- Understand the risks of exertional heat illness, as appropriate to their role.
- Appropriately act on any concerns raised by participants about exertional heat illness.
- Know and follow guidelines in relation to the care of all members during warm to very hot weather, and at times of extended periods of exceptionally high day and night-time temperatures (heatwaves).
- Promptly communicate changes through to participates through the most commonly used communication channels at the club



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10. CDNA EXTREME WEATHER PROCESS

A weather subcommittee consisting of any three (3) members of the CDNA Management Team present at the courts, along with the Office Supervisor will determine whether matches & or activities should proceed in line with CDNA extreme weather policy.

- All teams required to report to the Chelsea & District Netball Association Courts, Sturdee St at scheduled match times.
- The Association subcommittee will make a decision by approximately 30 minutes before if games are cancelled and notifications will be sent out on Netball Connect and other social platforms as a form of communications. This will apply in cases of **extreme weather** example heat, hail, lightning or other extreme weather conditions
- Only **if** the Association cancels any or all scheduled games for the day then no court fees will be paid by any team, no premiership points will be allocated, no player statistics will be added to Netball Connect.
- Opposing teams have the option of agreeing to take 2 points each and must inform the Office of their decision 15 minutes before the scheduled time of their match, at which time court fees are to be paid by each team.
- If a match is cancelled after ½ time siren then the current score will stand. If the match is cancelled prior to ½ time siren each team will be awarded two premiership points.
- Due to split times scheduling, if more than half the matches in any one age-divisions are completed, and a cancellation occurs for the remainder of the day, the score then stands for those completed matches, and all other teams in that age-group will receive two premiership points each.

11. POLICY PROMOTION

This policy will be made available to all members via CDNA website

https://websites.mygameday.app/assoc_page.cgi?c=0-60-0-0-0&a=COMPS



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HOT WEATHER GUIDELINES

When it is hot or there is a heatwave, the following guidelines apply at our club during all events, competitions and training.

- PLAN** ▶ Club officials will check the weather forecast using the Bureau of Meteorology
- PREPARE** ▶ All participants, volunteers and officials should stay hydrated before and during hot weather
▶ All participants and families will be notified if changes are planned for upcoming competition, training or event schedules

- ADAPT** When the temperature ranges from _____ to _____ we might:
 - ▶ Increase the number and length of drink breaks
 - ▶ Re-schedule to cooler times of the day
 - ▶ Encourage all participants to drink more water
 - ▶ Provide access to more water, ice-slurry drinks and cold towels.
 - ▶ Promote first aid treatment of exertional heat illness.

Our club specific strategies to reduce the risk of heat illness are:

- EXTREME HEAT** When the temperature is above _____ we will prioritise:
 - ▶ Cancelling competition, training or events
 - ▶ Re-scheduling to cooler times of the day
(if play continues, the health of all participants will be closely monitored and people with first aid qualifications will be on site at all times)

Questions? Contact: _____

**HEAT STROKE IS A MEDICAL EMERGENCY.
CALL TRIPLE ZERO (000) FOR AN AMBULANCE.**

VICSPORT

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COMMITTEE ROOM FACT SHEETS

Netball Victoria's Information Sheets and Resources

HOT WEATHER GUIDELINES

Last updated: December 2020

During the summer months, Netball Victoria commonly receives requests from affiliates looking for guidance on queries such as:

- Should our training be modified or cancelled?
- At what point do we modify or cancel games?
- When is it safe to play netball or be physically active in the heat?

To help organisations, coaches and other individuals when conducting sport in hot weather, Netball Victoria has produced this revised set of guidelines. These new guidelines are based on the latest research as well as the expertise of Sports Medicine Australia's (SMA) medical and scientific members.

These guidelines are **not binding**, however Netball Victoria reminds all parties that they must act responsibly. We encourage a common sense approach and consideration of the comfort and well-being of all individuals including participants, officials and volunteers. There are many factors to be considered when Clubs, Associations and Leagues are contemplating modifying, postponing or cancelling games or training. Affiliates need to be aware of the difficulty of settling a "one size fits all" policy in this area. Instead, we encourage you to undertake appropriate risk management specific to your particular geographical circumstances. If hot weather is predicted, we encourage you to communicate and plan your day in advance accordingly, so you know what to expect. Encourage members to start to hydrate in preparation and inform them that changes may be made (e.g. reduced quarters, extended breaks etc.)

VicSport has developed a suite of new resources to assist sport and recreation organisations to mitigate against the risks of exertional heat illnesses in sport. VicSport has also published supportive resources including fact sheets and posters. These resources are designed for the Victorian sport sector and may be used to inform and create risk plans, event plans and emergency management plans.

VicSport – Hot Weather Guidelines for Sport and Active Recreation

Informed by evidence and advice from the Australian Centre for Research into Injury in Sport and its Prevention, the guidelines contain information about:

- Trends in extreme heat
- Heat illness conditions including signs and symptoms
- Risk factors affecting sport and active recreation
- Mitigation strategies
- Advice on communicating modifications to activities

[Click here to download the guidelines](#)



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COMMITTEE ROOM FACT SHEETS

Netball Victoria's Information Sheets and Resources

FACT SHEETS AND POSTERS - A range of fact sheets and editable posters have been developed to assist sport organisations to promote awareness of exertional heat illnesses and actions to take if symptoms of heat illness present during sport activities.



[Click here to download Posters and Fact Sheets](#)

Sports Medicine Australia

SMA is the leading source of information for injury and illness in sport and physical activity. They provide advice for sport organisations through training courses, workshops and events, fact sheets and guidelines.

<https://sma.org.au/resources-advice/policies-and-guidelines/hot-weather/>

Heat Health Alerts

The Department of Health and Human Services heat health alert system notifies local governments, departmental program areas, hospitals, and state-wide or major metropolitan health and community service providers of forecast heat wave conditions that are likely to pose an increased risk to human health. The department has identified temperature thresholds for Victoria above which heat-related illness and mortality increases substantially.

Throughout summer, the department monitors the [Bureau of Meteorology](#) seven-day forecast maximum and minimum temperatures. When the heat health temperature threshold is reached in a specific weather forecast district, the department issues a heat health alert.

Sign up to receive heat health alerts [here](#).

VicEmergency

VicEmergency provides updates and warnings for incidents related to fires, floods, storms and other environmental disasters. Sport organisations should be ready to refer to the [website](#) or download the Smartphone App so that relevant information can be obtained in the event of environmental emergencies which threaten the health of participants.