# HILLS BASKETBALL ASSOCIATION INC. **HOT WEATHER POLICY**

High intensity exercise in a hot environment, with the associated elevation of body temperature, can lead to heat illness. Heat illness in sport presents as heat exhaustion or the more severe heat stroke.

## HILLS BASKETBALL ASSOCIATION INDOOR HOT WEATHER POLICY

# **Competition:**

Ambient temperature <u>inside</u> stadium	HBA and/or Referee management
31°C-35°C	Advise teams to increase fluid intake before and during the game.
	Referees to call a time-out at the half way point of each period. Each team has an additional timeout per half.
36°C and above	Postpone, delay or abandon the match
	Cancelled games recorded as a draw. Fees will be refunded when cancellations occur due hot weather.

## **Hornets Academy Program:**

Ambient temperature <u>inside</u> stadium	HBA and/or HA Coaches
31°C-35°C	Advise players to increase fluid intake before and during the event.
	Coaches to provide drink breaks every 20 minutes.
36°C and above	Postpone, delay or abandon the event
	Fees will be refunded when cancellations occur due hot weather.

#### HILLS BASKETBALL ASSOCIATION INC.

Hills Basketball Stadium, Fred Caterson Reserve, Caterson Drive, Castle Hill PO Box 6426, Baulkham Hills Business Centre, NSW, 2153. Email: info@hillshornets.com.au Website: www.hillshornets.com.au Tel: 02 9894 8944 Fax: 02 9894 8127

