



Bundaberg Netball Association

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Policy - Heat Policy

Document Control

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Purpose and Background

This policy document aims to remind and reinforce the importance of minimising heat stress to players, officials and spectators for the office bearers of Bundaberg Netball Association.

This document was created in response to an earlier than normal start to the season with the likely situation of higher temperature and humidity mixed with a lower netball fitness base.

Policy Statement

That Bundaberg Netball Association (BNA) encourage all players, spectators and officials to be aware of the issue of heat stress during training and playing. Where possible players and officials need to be taking all precautions to minimise the impact of heat on the body. Precautions include but are not limited to seeking shade, minimising time in the sun, wearing appropriate clothing and consuming sufficient and appropriate fluids.

While it is acknowledged that not all options may be applicable during a game of netball everyone is encouraged to partake in as many of the activities as practical while at the BNA courts.

Heat Stress Policy

Netball Queensland (NQ) has created an Adverse Weather Policy document that includes a heat policy, wet weather policy, lightning policy and air quality policy. The NQ heat stress policy refers to two (2) different methods for determining the heat index and therefore what should be done to reduce heat stress. The first is generally used for children and is a simple calculation of ambient temperature and humidity to determine risk and has some suggestions to reduce heat stress.

Table 1: Ambient Temperature determination

Ambient temperature °C	Relative humidity	Risk of Heat Illness	Recommended management
15-20		Low	Caution over-motivation
21-25	Exceeds 70%	Low- Moderate	Caution over-motivation
26-30	Exceeds 60%	Moderate- High	When required reduce intensity and duration of play/training Where required incorporate more rest and hydration breaks Consider player rest and rotation
31-35	Exceeds 50%	High- very High	When required incorporate an addition rest/hydration break at the half way point of every quarter Consider player rest and rotation
36 and above	Exceeds 30%	Extreme	When possible postpone games to cooler conditions or cooler part of the day, avoid scheduling games during the hottest part of the day – between 11am and 3pm Consider shortening the game time OR Cancel

Once puberty has been completed (adults) the best method to determine heat risk is to use the Wet Bulb Global Temperature (WBGT). The best way of determining the WBGT is to use the BOM site <http://www.bom.gov.au/products/IDQ65214.shtml>

Table 2: Wet Bulb Global Temperature determination

WBGT	Risk of Heat Illness	Recommended management
Less than 20	Low	Caution over-motivation
21-25	Moderate- High	Caution over-motivation Where required incorporate more rest and hydration breaks Consider player rest and rotation
26-29	High- very High	Limit intensity and take more rest and hydration breaks Limit duration to less than 60 minutes per session - consider shortening the game time
30 and above	Extreme	Where possible postpone games to cooler conditions or cooler part of the day, avoid scheduling games during the hottest part of the day – between 11am and 3pm Consider shortening the game time OR Cancel

Actions available to BNA during periods of either likely or actual high heat stress

- i. Move games times to cooler parts of the day
- ii. Shorten game time to reduce the exposure to heat
- iii. Increase the length of the breaks at quarter, half and three quarter time to allow cooling of the players
- iv. Provide shade for players to rest either during the breaks or while off the court as a substitute
- v. Use rolling substitutions as a method of reducing court time for all players and providing flexibility to remove those players showing more intense heat stress symptoms
- vi. Reduce the number of times a player participates in high intensity exercise during the day where heat stress is likely. This includes limiting the number of times a person umpires, plays or a combination of both during the day while including sufficient breaks to enable adequate time to cool down and rehydrate.
- vii. Place additional temporary shade shelter (gazebo) areas around the courts to provide additional shade zones for players, officials and spectators
- viii. Encourage all clubs to provide a suitable hat for players to wear both off and on the court
- ix. Encourage player to wear a shirt when not playing to reduce the amount of their skin exposed to the sun
- x. Encourage the use of the showers to cool off after the game
- xi. Provide a location with sprays/mists of water for people to cool down by wetting their body

Signs/symptoms of heat stress

The following symptoms/ signs of heat stress as well as actions to reduce those symptoms is listed in the table below

Name	Symptoms	Recovery Action
Heat Rash/ prickly heat	Clusters of bumps that look like red pimples or small blisters, usually on the neck and upper chest	Move to a cooler place Keep the affected area dry Dusting powder may increase comfort Avoid using creams or ointments
Dehydration	Increased thirst Dry mouth, lips and tongue Dizzy, tired or irritable Headaches Bright or dark yellow urine Less urine than usual	Drink small amounts of water regularly Move to a cooler place Seek medical attention if symptoms are severe
Heat Cramps	Muscle pains and spasms, usually in the abdomen, arms or legs Most common in people who sweat a lot during strenuous activity	Stop all strenuous activity Rest in a cool, shaded place Increase fluid intake with water, low sugar sports drinks or diluted fruit juice After the cramps subside, wait a few hours before exercising strenuously Seek medical attention if cramps continue for more than one hour
Heat Exhaustion	Heavy sweating Heat cramps Paleness Weak or dizzy	Rest in a cool shaded place Have a cool shower or bath, or apply cool wet towels to the body Loosen tight clothing

	<p>Nausea or vomiting Fast, weak pulse Headache</p>	<p>If fully alert sip water or suck ice chips Seek medical attention immediately if symptoms are severe, get worse or don't improve with treatment, or last longer than one hour</p>
Heat Stroke	<p>As per heat exhaustion, plus:</p> <ul style="list-style-type: none"> - Worsening mental condition - Slurred speech, poor coordination - Seizures or losing consciousness 	<p>Call Triple Zero (000) immediately – this is a life-threatening emergency Following directions of ambulance staff Move to a cool shaded place Immerse in water, spray, with hose, or apply wet cloths and fan vigorously</p>