



Extreme Heat Policy

With the arrival of the Summer Season comes the onset of hot weather and on some playing days, extremely hot weather. It is with these days in mind that Knox Basketball Association is introducing an **Extreme Heat Policy** to provide guidance to clubs, coaches, parents and players on the best approach to ensure a safe playing environment.

The Extreme Heat policy will commence when the forecast temperature is 32 degrees Celsius (this is not applicable for the Air Conditioned venues that include Boronia, Fairhills and Rowville Community Centre). For Saturday Competition this will be taken at 4.30 pm on Fridays and will be updated on the website. For Sunday competition the forecast at 6.00pm on Saturday will be used. If the forecast is for 40 degrees Celsius or over all games will be abandoned.

With common sense, participants can cope with our extremely hot summer days. A common sense approach would see coaches rotating players 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 (ie man to man defence commences in the back court rather than a full court approach).

Where possible teams should make every effort to provide extra drinks and wet towels for games during these hot periods.

The playing conditions on an Extreme Heat day will be amended to include 2 **mandatory time outs** which will be called by referees at or immediately after the 12 and 6 minute marks of each half of the game regardless of the number of timeouts used by the coaches. 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.

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.

In the event that the ambient temperature inside KBI venues exceeds 36 degrees Celsius the rest of the day's games will be cancelled. This decision rests solely with the door keeper at the venue. All KBI utilised facilities have thermometers and it is the responsibility of the doorkeepers to check the temperature prior to each game time and rule on the cancellation / non-cancellation of the game. A cancelled game will constitute a "double bye". Once a game commence it must be completed.

To assist with communication a new "Hot Weather" phone line has been set up. One a venue is cancelled due to extreme heat the phone line will be updated to inform players that the games are cancelled. This phone number is **03 9762 1331**. In addition to the phone line the website will also be updated – www.knoxbasketball.com.au.

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We hope that we experience very few days of extreme heat during the summer seasons but, where we do, that the policy is applied by all to ensure that our players experience the minimal level of discomfort during their playing careers.