



HEAT & EXTREME WEATHER POLICY

PURPOSE

Karratha Basketball Association (KBA) has a responsibility in educating and increasing the awareness of the impact of the dangers of physical activity in the heat. This policy acknowledges the Pilbara climate in addition to Basketball WA's Hot Weather Policy. This policy also considers extreme weather which may occur during cyclone seasons, including bushfires and flooding.

BACKGROUND

Exercise in the heat creates competitive demands on the cardiovascular system, which is required to increase blood supply to the exercising muscles. At the same time it must regulate the body temperature by increasing skin blood flow in order to produce the sweat that keeps the body cool.

High intensity exercise in a hot environment, with the associated fluid loss and elevation of the body temperature, can lead to dehydration, heat exhaustion and eventually heat stroke.

- BQ Hot Weather Policy

FACTS TO CONSIDER

1. Extreme temperatures

KBA will reference the Bureau of Meteorology website www.bom.gov.au for up to date temperatures. All other factors listed must be considered with the ambient temperature record by the Bureau.

2. Cyclones, flooding and bushfires

The Pilbara may have incidents of flooding and bushfires which close roads and access to Karratha from other towns.

Cyclone season runs from November to April. KBA follows the advice and alerts of the Department of Fire and Emergency Services www.emergency.wa.gov.au for all cyclone, flooding and bushfire alerts.

3. Age and gender of participants

There are multiple factors influencing how people respond to heat, such as:

- Age – young children are especially at risk in the heat:
- Gender
- Fitness level
- Weight and athletic ability



4. Facilities

Karratha Leisureplex is run by the City of Karratha. There are 3 indoor courts and the central air conditioning is constantly on and monitored by Leisureplex duty staff. There are 6 outdoor courts covered by permanent shade. This shade covers most of the outdoor courts for the morning during regular competition season. The Leisureplex staff are responsible for determining if the facility is safe to use, including court flooding and fire safety, and are responsible for the supply of water.

POLICY

The Karratha Basketball Association Heat and Extreme Weather Policy must be read in addition to the [Basketball WA Hot Weather Policy](#), as at 29 January 2019 Policies. **This Policy applies to all KBA members, administrators, coaches, officials, spectators and volunteers. Health and safety is everyone's responsibility.**

Hot Weather Policy

as amended 29 January 2019



1. All persons involved in the organisation of games must be aware of the effect that extremes of weather can have on persons playing or attending basketball and put in place adequate contingencies for the minimising of risk to persons, particularly when high temperatures are expected.
2. All persons participating in games must be aware of their own limitations, medical conditions, dehydration and any other factors which may increase the effects of extreme temperatures.
3. Where high temperatures are expected, organisers of games must know the extremes or temperature which can occur in the particular venue.
4. Where high temperatures are expected, game organisers must make reasonable attempts to ensure:
 - 4.1 Full knowledge of availability of first aid equipment and personnel accessible by all persons attending;
 - 4.2 Referees and other officials are aware of the symptoms of heat stress and are instructed to be on the alert to notice any such symptoms;
 - 4.3 Players are made aware of the need to hydrate regularly before and after the game;
 - 4.4 Facilities are available for players and other persons to externally cool themselves with water, fans or other facilities including hydration;
 - 4.5 Adequate supplies of ice and ice packs are available for use where appropriate; and
 - 4.6 Proper advice is available to coaches and players on the effects of heat, symptoms of heat stress, the need for proper hydration and the facilities that are available to prevent or treat heat stress.



KBA Hot Weather Procedure

The following amendments have been made by KBA to Basketball WA Hot Weather Policy to meet local weather conditions.

5. KBA Committee and/or Game Controllers will monitor the forecast and current temperature using the Bureau of Meteorology forecast and data. On days when the forecast temperature **24 hours prior** to game day is **predicted to be 38 degrees Celsius or higher**, Games Controllers must monitor the temperature on the outside courts, taken in the middle of Court 2.
6. When the outside court temperature (surface) reaches **40 degrees Celsius**, Game Controllers must implement the following mitigation strategies:
 - a. Referees will call a time-out at the half way point of each period, if one has not already been called. Games controller will announce half way mark over speaker.
 - b. Half time breaks to be extended by a minute;
 - c. Reminders spoken to drink water during all game breaks;
 - d. Games controllers will monitor the outside temperature gauge.
 - e. Junior referees will also be monitored by the Referee Coordinator and other volunteers during games.
7. When the court temperature is predicted 24 hours prior to the first fixture games to be **43 degrees Celsius or higher**, **ALL games will be cancelled**.
8. Subject to any rule or ruling by a competition manager:
 - a. If a game is abandoned before it commences or before or at half time, it is counted as a draw;
 - b. If a game is abandoned after half time, the game score stands as a final result.
 - c. Games may be postponed or cancelled by competition managers in temperatures under 43 degrees Celsius if playing conditions are deemed unsafe.
9. In the event of heavy rains or bushfires, road closures for all participants will be considered. Main Roads WA www.mainroads.wa.gov.au will be monitored for road closures to the neighbouring towns of Wickham, Roebourne and Dampier.



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10. Cyclone activity will be monitored through the Bureau of Meteorology. The alert system will be adhered to.
 - a. In the event of a 'Yellow Alert' being called 24 hours prior to games, all games will be abandoned.
 - b. If the 'All Clear' is given 24 hours prior to game day, all games will continue as fixtured.

11. In the event of heavy rains and/or lightning storms, the Competition Manager will consult with the Karratha Leisureplex Duty Manager for the safety decision. If the Duty Manager deems it unsafe to play, all games will be abandoned.

SIGNED:

KBA President
10 March 2023

Acknowledgements & References

- Basketball WA Hot Weather Policy, as amended 29 January 2019
- Basketball Queensland Hot Weather Policy
- Sports Medicine Australia Policy – Preventing Heat Illness in Sport
- Sports Medicine Australia Guidelines for Cancelling or Modifying Sporting Events during Hot Weather