



6.5 Heat Policy

Preamble

This Hot Weather Policy applies to all lacrosse games and practices within the direct control of Lacrosse SA. This includes but is not limited to;

- Men's and Women's senior and junior state and zone team practices
- Men's winter field Lacrosse season
- Women's winter field Lacrosse season
- School Carnivals
- Games against visiting teams
- Women's Summer League
- Men's Indoor League

At this stage it specifically excludes the Indoor Lacrosse Season.

Games under the control of Lacrosse Australia and Women's Lacrosse Australia are subject to the heat policy of those organisations.

LacrosseSA Clubs and other affiliated bodies are expected to be aware of this policy and use it as a guideline for managing their own practices and events during hot weather.

RATIONALE

Lacrosse is traditionally a winter sport but is increasingly being played year round. Accordingly Lacrosse SA and all affiliated clubs need to exercise a reasonable duty of care for all players, umpires, referees, officials and spectators to ensure their well being when participating in all lacrosse activities.

This policy has been developed to assist LacrosseSA and the officials of all affiliated bodies identify the risks of physical activity in extreme hot weather, and the actions that need to be undertaken to minimise those risks.

In implementing this policy, LacrosseSA and club officials should be considerate of each individual's needs. The heat will affect not all participants in the same manner.

No player or official should be forced to participate in any lacrosse activity in conditions when he / she feels there may be a risk to his / her personal well-being. In the case of junior players, the opinions of the player's parents must also be taken into consideration.

RISKS ASSOCIATED WITH HOT WEATHER

High intensity exercise in a hot environment can lead to:

- Dehydration
- Heat Exhaustion
- Heat Stroke
- Dehydration
During exercise fluid loss occurs. If adequate fluid is not replaced this may lead to heat exhaustion and heat stroke.
- Heat Exhaustion
A lack of fluid replacement may lead to heat exhaustion. Heat exhaustion is characterized by:
 - High heart rate
 - Dizziness
 - Headache
 - Loss of endurance/skill/confusion

- Nausea
- Clammy skin, pale in colour
- Cramps
- Heat Stroke
Severe dehydration may lead to heat stroke. This is characterized similar to heat exhaustion but with a dry skin, confusion and player collapsing

This is a potentially fatal condition and must be treated immediately by a medical professional.

FACTORS AFFECTING PARTICIPATION IN HOT WEATHER

There are a number of factors that will affect participation during days of extreme heat. These include the following:

- Humidity
The greater the humidity, the harder it is for the body to cool off through the evaporation of sweat.
- Duration/Intensity
The greater the duration and intensity of the activity, the greater the risk of heat related symptoms.
- Fitness Level
Participants who may be overweight and unconditioned for the activity will be more susceptible to heat stress.
- Age and Gender
Women may suffer more during activity in the heat due to their greater percentage of body fat. Young children are especially at risk. Children have poorly developed sweating mechanism, essential for cooling the body, prior to puberty. Children also take longer to acclimatize to participating in hot conditions than adults. Coaches need to ensure that children do not over-exert themselves especially when undertaking exercise for 30 minutes or greater. Veteran participants may also not cope well when undertaking activity in the heat.
- Time of Event
During periods of hot weather, the hottest part of the day should be avoided usually 11:00am – 3:00pm
- Other Factors
Other factors that may affect participants are any predisposed medical condition and the ability of participants to gain access to fluids during activity.

Procedures

Team Management and Officials should be aware of the risks associated with playing in extreme temperatures (hot and cold) at all times. Not just under the specific circumstance outlined here.

Generally

All those associated with the management of a game or practice should ensure that all those involved wear appropriate clothing and take reasonable measure to combat the effects of the weather, even on days not regarded as “extreme”. This includes the wearing of appropriate clothing and headwear, adequate hydration, rest periods, use of sunscreen, use of shaded areas and monitoring of individuals.

It must be recognised that Officials – Umpires/Referees, Bench Officials and scorers for example are part of the game and all measure instituted for players should also be applied to this group.



1. If the maximum temperature is forecast for 26-32 degrees on a day when a game or practice is scheduled (according to the paper on the day before the scheduled game or practice):
 - a. Team Management must ensure that there is an adequate supply of fluid. Cooled water should be available not only for drinking but also for wetting the face, clothes and hair.
 - b. Water bottles should be clearly marked for individual players, be kept cool, and be readily accessible. Bottles are not to be thrown on the field of play - if substitution is not possible players may come to the side of the field and a water bottle can be passed to the players.
 - c. Team officials may approach the match official prior to the start of the game to consider a short hydration break during the game or longer period breaks. If the match official and the two teams agree, longer, or more frequent breaks may be taken. The timing and duration of these breaks is to be a joint decision by the match and club officials.
 - d. Consideration should be given to the use of other recognised methods of reducing the possibility of heat stress e.g. Fans. Ice vests, water sprayers.

2. If the temperature is forecasted to be **33 degrees** Celsius or greater the competition shall be rescheduled (according to Bureau of Meteorology on the day before a scheduled match):
 1. The game must be either:
 - Cancelled and bye points issued in accordance with the Lacrosse SA constitution.
Or
 - Played and completed by 11:00am on the scheduled day
Or
 - Commenced after 5:00pm (6:00pm DST) on the scheduled day (light permitting)
Or
 - Rescheduled to another day within 14 days of the original date (if possible and with the agreement of all involved)

 2. Lacrosse SA and/or Team/Club Management will endeavour to contact all personnel to ensure that they are aware of cancellations/schedule changes.

 3. If the game is played during the permitted times, team officials/players should ensure that the guidelines for days when the forecast maximum temperature is 26-32 degrees are followed.

 4. All re-scheduling requires the agreement of all parties. Should any game not under the control of Lacrosse SA but involving Lacrosse SA registered players take place, then the measures outlined for days of 26-32 degrees are followed must be implemented by Lacrosse SA Team Management and Officials.

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3. If the temperature is forecasted to be **35 degrees** Celsius or greater the Competition shall be rescheduled (according to Bureau of Meteorology on the day before a scheduled match):
 1. The game must be either:
 - Cancelled and bye points issued in accordance with the Lacrosse SA constitution.



- Rescheduled to another day within 14 days of the original date (if possible and with the agreement of all involved)
2. Lacrosse SA and/or Team/Club Management will endeavour to contact all personnel to ensure that they are aware of cancellations/ schedule changes.

Arbiter

In the event of discrepancies or uncertainties in the printed forecast the final decision will be made by the relevant Competition Director and / or Executive Officer of Lacrosse SA.

The assessment of extreme hot weather conditions will be undertaken with reference to the temperature and humidity information contained on the Bureau of meteorology Website (www.bom.gov.au)