

Rebelz Basketball Club Incorporated Heat Policy

Effective Date: **AGM 2025**
Approved by: Rebelz Basketball Club Committee

1. Purpose

The purpose of this policy is to ensure the health, safety, and wellbeing of all players, coaches, referees, and spectators during periods of excessive heat. This policy outlines procedures and guidelines to reduce the risk of heat-related illness or injury during training and competition.

2. Scope

This policy applies to all Rebelz Basketball Club players, coaches, team officials, referees, and volunteers participating in indoor and outdoor activities including:

- Training sessions
- Games
- Clinics and camps
- Club events

3. Guiding Principles

Rebelz Basketball Club recognises that children are more susceptible to heat stress than adults. The following principles guide the club's response:

- Prevention first: Minimise risk through proactive measures.
- Player-first approach: Player health and wellbeing take priority over competition.
- Basketball Victoria Alignment: This policy follows Basketball Victoria's Hot Weather Guidelines.

4. Temperature Guidelines

Temperature Guidelines:

| Temperature (°C) | Action |
|------------------|---|
| < 30°C | Normal play and training. Encourage hydration. |
| 30–34°C | Monitor closely. Increase breaks. Reduce intensity. |
| 35–37°C | Modify activities. Shorten training. Breaks every 10 mins. |
| 38°C and above | All junior training and matches to be cancelled or postponed. |



Note: Temperatures are based on BOM forecast or actual venue temperature. For indoor venues, a digital thermometer should be used where available.

5. Additional Safety Measures

- Hydration: Players are required to bring their own water bottle and drink regularly.
- Breaks: Increased frequency of rest periods during high temperatures.
- Clothing: Light, breathable clothing and uniforms to be worn.
- Airflow: Where indoors, fans or ventilation should be maximised.
- Supervision: Coaches must monitor signs of heat stress (e.g. dizziness, nausea, excessive fatigue).

6. Training Session Management

- Coaches must check the temperature forecast before sessions.
- Notify families if sessions are modified or cancelled.
- Consider adjusting training times to cooler parts of the day (e.g. early morning or evening).

7. Game Day Procedures

- Rebelz teams will follow venue or competition organiser decisions on game cancellation due to heat.
- If in doubt, the club may withdraw a team from a game if it deems conditions unsafe.
- Team managers should communicate promptly with parents and officials.

8. Heat-Related Illness Response

- Remove the player from play.
- Move them to a cooler area.
- Provide cool water and rest.
- If symptoms persist or worsen, seek medical attention immediately.



Responsibilities

Role | Responsibility

| | |
|-------------------|---|
| Coaches | Monitor conditions, adapt training, ensure hydration. |
| Team Managers | Support communication to families and players. |
| Club Committee | Provide guidance and ensure compliance. |
| Parents/Guardians | Ensure children are prepared (hydrated, dressed, informed). |

Review

This policy will be reviewed annually or in response to updates from Basketball Victoria or Sports Medicine Australia.

For Further Information please click on the below link:

(Link to Constitution)

