

NSBL Heat / High Temperature Policy

At all sessions – club staff & parents are to encourage hydration with exercise.

Stage 1: Temperatures reach **25 degrees**.

All members & coaches to increase hydration

Stage 2: Temperatures reach **30 degrees**

Trainings to reduce high intensity activities.

During games a timeout is to be called each half, drink & rest break.

Substitutions are to increase in frequency as required.

Note that the number of timeouts can be increased wherever required.

Timeouts can be introduced before 30 degrees if required.

Monitor fatigue in members & colleagues.

Stage 3: **37 degrees and above** – ALL sessions will be cancelled.

This will be communicated to all affected as soon as possible.

Please note there are no refunds due to heat cancellation.

Additionally: IF the fire danger rating for the day is listed as CATASTROPHIC conditions – ALL sessions will be cancelled, regardless of temperature.

Safety of all members, staff and spectators is paramount.

If you have any feedback or ideas about the above, please email basketball@nsbl.com.au

This document will be updated where required.