



BENDIGO DISTRICT CRICKET ASSOCIATION

POLICY – HEAT POLICY

PURPOSE:

The BDCA recognises the need to manage the welfare of its players and officials during periods of extreme heat and heatwaves. This policy establishes a method for control and guidelines aimed at mitigating the risks of sports activity in hot weather.

MANAGEMENT:

The BDCA Board is the controlling body to manage this policy during the active season and will communicate to Clubs and Umpires actions and decisions through this procedure.

Background

The BDCA understands that playing cricket in extreme heat is a danger to participants, including players, umpires, officials, and spectators. In recognition of this, the Association has developed guidelines to be adopted to reduce the likelihood of injuries and illness in those conditions.

This policy applies to players, umpires and club/BDCA officials. For conciseness, these are referred to hereafter as “participants”.

The purpose of this policy is to ensure that no participant suffers significant health damage due to participating in hot conditions.

Participating in hot conditions will affect different individuals to different extents and in differing ways. Factors that can influence the effect on different individuals include:

- The individual's level of fitness and general health.
- The preparation the individual has undertaken in the lead-up to the match.
- Whether, and how much, the individual has participated in cricket (or other strenuous activities) in the days prior to the day of the match in which they are participating.
- The measures the participant takes to ensure proper rehydration during and after participating.
- The age of the individual.
- No person is forced by the BDCA to participate in any match.

The responsibility for ensuring the safety of individual participants is primarily the responsibility of Clubs and the individuals themselves. The BDCA provides guidelines in this policy and makes specific directions and provisions in this policy and the Bylaws, to ensure Clubs and Participants are aware of their responsibilities and can avoid unnecessary risks to individuals.

The BDCA has provisions to cancel play on specific days in any match. These provisions are detailed below.



- Background
- Activation
- Announcements
- Weather Limits

Activations for Heat Policy:

Below are triggers the BDCA Board will be considering when activating extreme heat policy. The decision will be made as early as possible in the best interest of the game and participants. Please note that this could be enacted on the day of the match if conditions change from the forecasted temperature. The Bureau of Meteorology forecast for Bendigo will be used as the basis for triggering thresholds.

<http://www.bom.gov.au/vic/forecasts/bendigo.shtml>

Communication

That the day's play is abandoned will be broadcast on the BDCA social media pages and other media outlets. Advance notice will be communicated through the Club Presidents WhatsApp group.

Cancellation of Games (applies to all cricket governed by BDCA)

Senior Cricket

- 40°C or greater as at 5pm on the day prior to the game.

Junior games and midweek games

- 38°C or greater as at 5pm on the day prior

Cricket Blast

- 36°C or greater as at 10am on the day

Days of play where temperatures are high but not meeting cancellation threshold guidelines on what controls that are to be put in place are below.

Guidelines on controls to be considered when playing in days of high temperatures

Shade

Clubs should provide shaded areas when players are not on the field and scorers can take shelter.

Hydration

Umpires should allow additional drink breaks without concern as to the extra time taken beyond the scheduled playing time. Any participant may call for additional drinks at any time while batting, fielding, or umpiring, although every effort should be taken



to minimise delays when this occurs. For example, the drinks should be run onto the ground immediately at the conclusion of an over and batter ready to take strike with a minimum delay to the fielding team. Bowlers may have drinks placed on the boundary line, which can be consumed during or at the completion of an over without disrupting play.

Sun Protection

Players are reminded of the need for frequent applications of sunscreen and the preference for long sleeved shirts to reduce exposure to the sun. Hats are an essential item, and the wide brimmed style is recommended, particularly on sunny days.

Slow Play

Where the required number of overs is not bowled within the scheduled time, umpires should show appropriate leniency where delays are reasonably due to extreme heat affecting either team.

Player Rest and Rotation

After notifying their captain and an umpire (if possible), a player may remove themselves from the field at any time for reasons of heat stress.

If a team has more than the named eleven players, they may, after notifying an umpire, rotate fieldsmen to rest players in extreme heat conditions.

Umpires

Where an umpire feels that their health or judgment may suffer because of the exposure to heat, they may take a break from their duties, after arranging an appropriate substitute. The appropriate substitute will depend on the circumstances of the match in which they are officiating but is likely to involve requiring the other appointed umpire to officiate at both ends and a club official or player to stand at square leg. If the affected umpire is the only official (or club umpire), it will be necessary for an experienced club official or player to officiate.

First Aid

Club first aid kits must include aids for the treatment of heat affected participants. Every effort should be made to have a club member that is properly skilled in the treatment of heat-affected people, at home games. A notice should be prominently included in or displayed near the first aid kit, explaining the treatment of heat affected patients.

Useful Resources

<https://play.cricket.com.au/community/resources/player-safety/weather>

<https://www.health.vic.gov.au/environmental-health/heat-health-warning>