



Procedure in Hot Weather

General Introduction

All persons involved in the games need to be aware of the effect that extremes of weather can have when playing or attending basketball. To minimise risk to persons, particularly when high temperatures are expected the MBA has introduced the following procedures

Venue managers

If the outside temperature is cooler than the inside court temperature, particularly if there is a cool breeze outside open the stadium doors to allow the breeze through.

Measure court temperature hourly whilst the stadium is in use.

Record the date, time and temperature in the textbook provided. This will be a permanent record kept by the MBA.

Position fans on the players benches once the court temperature reaches **30°C**

Inform referees when the court temperature reaches **32°C**.

An additional compulsory timeout at the 8 minute mark of each half will then be called by the referees.

When the court temperature reaches **37°C** games will be stopped and further games cancelled.

If a game is abandoned before it commences or before half time or at half time it is counted as a draw;

If a game is abandoned after half time, the game score stands as the final result.

Ensure there are adequate supplies of icepacks for use where appropriate

Referees

Be aware of the symptoms of heat stress and be on the alert to notice any such symptoms

Call an additional compulsory timeout 9 minutes into each half when the court temperature reaches **32°C**.

Advise the coaches of the additional timeout and that each team must call a timeout before the compulsory timeout and after the compulsory timeout. The clock stops

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Wear shorts when officiating.

As a general guide, players and referees are advised to drink about 500ml (2 cups) of water in the 2 hours before exercising. During exercise lasting 60 minutes or longer, 500-750ml (2-3 cups) of fluids per hour should be sufficient to prevent dehydration. Constant sipping is also advised.



McKinnon Basketball Association Inc.

www.mckinnonbasketball.org

Coaches

Make players aware of the need to hydrate regularly before and after the game.

An additional compulsory timeout will be called at 9 minutes into each half when the court temperature reaches **32°C**. While coaches can take advantage of the time out to talk to players the timeout is essentially designed to be used as a drinks break for both players and referees. Each team must call a timeout before the compulsory timeout and after the compulsory timeout.

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With common sense participants can cope with our hot summer days. A common sense approach would see coaches rotating players to ensure a full rest break each half, the full utilisation of time outs to ensure players take drinks and short rest breaks and a balanced approach to the tempo of the game (ie man to man defence commences in the back court rather than a full court approach).

Where possible teams should make every effort to provide extra drinks and wet towels for games during these hot periods. As a general guide, players and referees are advised to drink about 500ml (2 cups) of water in the 2 hours before exercising. During exercise lasting 60 minutes or longer, 500-750ml (2-3 cups) of fluids per hour should be sufficient to prevent dehydration. Constant sipping is also advised.