



# RDCA Adverse Weather Policy

## Senior's Extreme Heat

| Day of Play   |   |  |   |
|---|---|--|---|
| BoM Forecast at 8.00 am for Scoresby  |   |  |   |
| Temperature   | (District 1 & 2 Divisions)<br>36°C or more                    | (Premier 1 & 2 Divisions)<br>39°C or more                            | Not Applicable                              |
| Fire Rating   | <i>Not Applicable</i>   | <i>Not Applicable</i>  | <i>Code Red</i>                             |
| ACTION  | All District 1 & 2 Division fixtures automatically cancelled  | All Premier 1 & 2 Division fixtures automatically cancelled          | <u>All Fixtures</u> automatically cancelled |
| During Play   |   |  |   |
| Match Officials expected to monitor temperature at <u>start</u> and <u>each break</u> in play<br>i.e. Drinks Breaks and Tea Break |   |  |   |
| PREMIER 1 & 2   | 39°C or more  | Less than 39°C   | 40°C or more                                |
| ACTION  | Leave the field and monitor temperature every 15 minutes      | Play may commence or resume with temperature monitored at each break | Play abandoned for the day                  |
|   | If <u>not</u> under 39°C within 60 minutes abandon day's play |  |   |
| DISTRICT 1 & 2  | 36°C or more  | Less than 36°C   | 40°C or more                                |
| ACTION  | Leave the field and monitor temperature every 15 minutes      | Play may commence or resume with temperature monitored at each break | Play abandoned for the day                  |
|   | If <u>not</u> under 36°C within 60 minutes abandon day's play |  |   |

Reference point for local temperature information – Bureau of Meteorology smartphone app selecting *current location*.

**All interruptions to play must be recorded in scorebook including time and temperature readings.**  
The RDCA Senior Committee retains discretion to abandon part or all competition matches on the day or prior if circumstances dictate.



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## Extreme Heat Conditions Policy

Cricket is a summer sport and as such it is inevitable that, at times, matches will be scheduled for play during extreme heat conditions. As such, all captains, officials, team managers, coaches and umpires must acknowledge that they have a fundamental 'Duty of Care' to all players & officials.

### Definition

Forecast temperature is 36° C or more.

### Provisions

1. Adequate ice, easy to access shade, cold fresh water and sunscreen will be made available to both teams and officials at all times during the day.
2. If possible, drink eskies with water bottles and sports drinks are to be placed near the boundary.
3. Any player may take a drink break at the end of any over.
4. Official drink breaks are to be taken every 30 minutes.
5. Players under 18 years of age are restricted to bowling spells of 5 overs with a minimum of an hour's break between spells.
6. Clubs should avoid having players under 14 years of age on the field if possible.
7. Normal loss of time rules apply in case of any lost time due to extreme heat.

## Guidelines and Advice

### SYMPTOMS OF HEAT INJURY OR HEAT STROKE

High intensity exercise in a hot environment can lead to: **Dehydration, Heat Exhaustion and Heat stroke**. Heat stroke is a potentially fatal condition and must be treated immediately by a medical professional.

The symptoms of heat injury or heat stroke are:

- Fatigue
- Nausea
- Headache
- Confusion
- Light-headedness

These symptoms indicate players should **stop playing, drink more fluids and cool down**.

Seek medical treatment if these symptoms don't improve rapidly.

Also remember to keep an eye on other players or officials who may not realise they are suffering from dehydration or heat stress.

### TIMING OF TRAINING

Where possible, avoid scheduling training during the hottest part of the day (usually between noon and 4pm during daylight saving time). Early morning or night practice minimises the risk of encountering unacceptable playing conditions.

### HYDRATION

**The ACB Junior Cricket Policy refers to the following guidelines regarding hydration practices for matches held during hot weather. These guidelines are also relevant to senior cricket competitions.**

- Drink breaks should occur every 30-40 minutes in all matches (every 30 mins in conditions of extreme temperature)



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- Water is the most appropriate drink for re-hydration. However diluted cordial or sports drinks may be supplied. Flavoured drinks may be particularly palatable to children who have consistently poor drinking habits during exercise
- Drinks should be available for individual players between drinks breaks. Umpires should be advised when additional drinks are sought and players should make every effort to ensure
- no time is wasted
- Players should be encouraged to have their own drink bottles. This ensures that each player has access to an adequate level of replacement fluids and reduces the risk of contamination and viruses
- Where cups and a large container are used, cups should not be dipped into the container. Used cups should be washed or disposed of after use
- Do not share cups

## **Additional considerations in regard to Hydration include:**

- Consideration should be given to relaxing slow over rate penalties to allow for additional drinks breaks (which should be completed as soon as possible).
- Drink bottles also may be made available with club square leg umpires if deemed necessary or stored underground on the field if a suitable facility exists (eg. covered tap box).
- Encourage players and officials to drink plenty of fluids (preferably water) with no restrictions placed on players getting drinks, placing them on the field, etc.

## PLAYER REST AND ROTATION.

- It is recommended that wherever possible when extreme temperatures are forecast, surplus players should be selected in addition to 12th man
- Consider rotating players on and off the field. Rest periods are particularly important for faster type bowlers
- Ensure players and officials seek shade when players not on the field
- Team managers/coaches especially should be vigilant and not pressure their players in any way re performances or endurance.
- Limit bowling spells
- Limit individual batting innings

## CLOTHING

It is essential that everyone is made aware of the importance of:

- Wearing long sleeved shirts
- Wide brimmed hats
- The appropriate application and re-application of SPF 30+ sunscreen
- The use of wet towels
- Sunglasses

## OTHER CONSIDERATIONS.

The welfare of players and umpires is paramount

- On days of extreme heat coaches, players, umpires and officials should be aware of the possible risks and carefully monitor all players and umpires. If any show signs of distress from the heat (see symptoms of heat illness outlined above) swift and appropriate action should be taken
- Be aware that junior, female and older players are more susceptible to heat injury.
- Be aware of junior players also playing in senior matches on the same day.
- Ensure there are sufficient shaded areas at grounds for both players and spectators where possible



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## Lightning Safety Policy

*Electrical storms and the presence of lightning is difficult to predict and can be localised in nature. The following guideline (which applies to all Senior, Junior, Veteran and representative matches) is to assist match leaders (umpires, captains and junior coaches/ managers) to make a duty of care decision when faced with weather conditions causing lightning within the proximity of active cricket matches.*

- (a) If lightning and thunder (flash to bang) are separated by a period of time of less than 30 seconds, then the lightning is close enough (within 10km) to be a threat. Match leaders are advised to immediately suspend play and all players and officials are to move to SAFE areas. Common sense should also prevail. If lightning is observed in your vicinity, leave the field. Do not hesitate to take the initiative and lead your players off even if the opposition and/or umpires do not agree.
- SAFER AREAS DURING A LIGHTNING EVENT
    - ✓ Enclosed vehicles with windows closed (car, van, bus or similar)
    - ✓ Substantial enclosed buildings
    - ✓ Low ground, sheltering in clumps of low bushes
    - ✓ Trees of uniform height, e.g. forest or large group of trees
  - UNSAFE AREAS INCLUDE:
    - ✗ High ground
    - ✗ Open ground
    - ✗ Water
    - ✗ Isolated or tall trees
    - ✗ Near outdoor metal structures such as fences, gates, poles, seating
    - ✗ Insubstantial structures such as shade shelters and picnic sheds
- (b) A period of 30 minutes should elapse before play is resumed, that is, after seeing the last lightning flash, wait 30 minutes before leaving shelter. If during this time lightning is again observed, the 30 minutes starts again.

## First Aid

Victims of lightning strikes are safe to handle- they do not “retain charge”. First aiders must ensure they do not become another casualty- move the victim to a safer location. Effects of lightning strike include cardiac and respiratory arrest caused by disruption of the brains’ control centres. CPR or EAR should be given as required. It is important that even people who show no symptoms immediately after the strike receive medical attention as some effects may not be immediately obvious.