



St Martin Panthers Extreme Heat Policy

Purpose

The Climate Policy for training sessions aims to ensure the health, safety, and well-being of all players, coaches, and officials participating in training sessions organised by the St Martins Panthers Basketball Club (the Club).

The Club prioritises athlete safety and will apply the following principles in managing extreme climate conditions:

- a) **Safety First:** The safety of all participants must be the primary consideration when making decisions about weather-related cancellations or modifications.
- b) **Communication:** Clear and timely communication with all stakeholders (players, coaches, officials, and parents) is essential when weather conditions impact scheduled activities. This policy applies to all indoor basketball activities, including practices, games, and events.

Policy Statements

The Club shall:

- a) Monitor extreme weather conditions through the Bureau of Meteorology (BOM) and make decisions about activity modification or cancellations accordingly.
- b) Communicate changes to activities to manage extreme conditions as early as reasonably practical.

EXTREME HEAT

- a) **Temperature Monitoring:** Monitor the temperature regularly through the BOM, especially on days forecasted to be 30°C or higher.
- b) **Hydration:** Ensure players have access to water and encourage regular hydration breaks.
- c) **Cooling Measures:** Provide access to shaded areas, fans, and cooling stations. Use ice packs and cold towels as needed.

d) Heat Stress Symptoms: Educate coaches and officials on the symptoms of heat stress and heatstroke. Be vigilant and take immediate action if symptoms are observed.

Activity Modifications:

a. At 30°C: Implement additional hydration breaks and reduce the intensity of activities, including:

- i. coaches to use both their time outs in each half to allow additional breaks
- ii. coaches to ensure regular breaks are taken at training sessions

At 35°C:

Training sessions to be cancelled or postponed

EXTREME COLD WEATHER

a) Appropriate Clothing: Ensure players wear appropriate clothing, such as layers, to stay warm. Encourage the use of gloves, hats, and thermal wear.

b) Warm-Up: Emphasize the importance of a thorough warm-up to prevent injuries.

c) Cold Stress Symptoms: Educate coaches and officials on the symptoms of cold stress and hypothermia. Be vigilant and take immediate action if symptoms are observed.

Reviewing this policy

This policy will be reviewed every two years, and we undertake to seek views, comments and suggestions from the club's Committee and members.	
Policy Approval Date	3rd February 2025
Review Date	3rd February 2027
President	Signed Sebastian Zita
	Signed Victoria Cannata