

Basketball Queensland Heat Policy – 2024/2025

Purpose

To ensure the safety and well-being of all participants by providing guidelines for managing indoor basketball activities during periods of high temperatures.

Scope

This policy applies to all players, coaches, officials, and volunteers involved in indoor basketball activities in Queensland.

Temperature Ranges and Actions

1. Below 30°C

- **Normal Play:** Games and training sessions proceed as scheduled.
- **Hydration:** Encourage regular hydration breaks.

2. 30°C to 34°C

- **Increased Monitoring:** Coaches and officials should closely monitor players for signs of heat stress.
- **Hydration:** Mandatory hydration breaks every 10 minutes.
- **Cooling Measures:** Ensure access to fans, cool water, and shaded areas during breaks.

3. 35°C to 39°C

- **Modified Play:** Implement shorter game periods (e.g., 10-minute quarters) with extended breaks.
- **Hydration:** Mandatory hydration breaks every 5 minutes.
- **Cooling Measures:** Provide ice packs, cool towels, and ensure air conditioning is on if available.
- **Medical Support:** Have first aid personnel on standby.

4. 40°C and Above

- **Suspension of Play:** All games and training sessions should be postponed or cancelled.
- **Communication:** Inform all participants of the suspension and provide guidelines for rescheduling.

Facts to Consider About Hot Weather and Playing Sports

- [Heat Stress: High temperatures can lead to heat stress, which includes conditions like heat exhaustion and heat stroke¹.](#)
- [Dehydration: Players are at higher risk of dehydration, which can impair performance and increase the risk of heat-related illnesses².](#)
- [Indoor Heat: Even indoor environments can become dangerously hot, especially if ventilation is poor³.](#)

Preventative Measures

Prior to the Event:

- **Acclimatization:** [Gradually increase the intensity of training sessions over 10-14 days to help players acclimatize to the heat⁴.](#)
- **Hydration:** Ensure players are well-hydrated before the event. [Encourage drinking 500ml of water before activity⁵.](#)
- **Scheduling:** [Schedule games and practices during cooler parts of the day, if possible⁶.](#)
- **Education:** [Educate players, coaches, and officials on the signs of heat stress and the importance of hydration⁷.](#)

During the Event:

- **Hydration:** Provide regular hydration breaks. [Players should drink 200ml of water every 20 minutes during activity⁵.](#)
- **Cooling Measures:** [Use fans, cool towels, and ice packs to help players cool down during breaks⁸.](#)
- **Monitoring:** Closely monitor players for signs of heat stress. [Use a buddy system to ensure players watch out for each other⁹.](#)
- **Rest Breaks:** [Implement longer and more frequent rest breaks during high temperatures¹⁰.](#)

Signs of Heat Stress

- Dizziness or fainting
- Nausea or vomiting
- Headache
- Excessive sweating or lack of sweating
- Rapid pulse
- Confusion or disorientation

Emergency Procedures

- **Immediate Action:** Move the affected person to a cooler area, provide hydration, and apply cool packs.
- **Medical Assistance:** Seek medical attention if symptoms persist or worsen.