



Ballarat Cricket Association Policy 5

WEATHER

This policy is based on BCA Rule 6.4 (Senior Rules) or 3.4 (Junior Rules) - The grounds on which the matches shall be played shall be arranged by the PC and they may, if necessary, alter the programme in respect of dates or grounds on which any of the matches shall be played.

The Ballarat Cricket Association (BCA) Pennant Committee (PC), in consultation with the BCA Grounds Committee (GC) and all other associated ground staff, are charged with making the decision on any cancellations of play prior to the scheduled start times. This applies to both Senior and Junior cricket matches. The playing of matches due to weather will be based upon a common-sense approach so as to play as much cricket as is possible under the prevailing conditions. Player safety is always the BCA priority in consideration of play on days of wet/hot weather. The BCA PC reserves the right to cancel all, or some matches regardless of any match status or playing day (e.g. 2nd week of a two-day match).

For junior and senior women matches, the BCA PC will decide on play by 2:30pm (Weekday) and 7:30am (Saturday). For senior matches, the BCA PC will decide on play by 10.00am on the morning of scheduled play. The decision of the Pennant Committee shall be communicated via email to all clubs, through the BCA website and social media platforms.

The Ballarat Cricket Association uses the Bureau of Meteorology (BoM) as the source of climactic information. All club committee members, coaches and officials should ensure they have access to:

- The BoM Weather smartphone app <http://www.bom.gov.au/app/> .This provides information on ambient temperature, radar images and a predictive indicator for temperature forecasts and future rainfall radar images.
- The BoM website: Forecast Summary of Victorian Towns <http://www.bom.gov.au/vic/forecasts/towns.shtml>

BOM Weather App

Temperatures and weather forecasts are to be taken from the BOM Weather App.

When using the BOM Weather App enter your current location and the App will show forecasts and temperatures based on the nearest appropriate weather observation location.

All BCA matches fall within the bounds of the Ballarat Airport temperature reading other than the following grounds:

Ballan & Elaine Cricket Grounds - Reading taken from ‘She oaks’.

Darley Park, Darley Civic Hub & Masons Lane Cricket Grounds - Reading taken from Melbourne Airport.

Maddingley Park, Bacchus Marsh Racecourse Reserve – Reading taken from Melbourne Airport?



WET WEATHER

It is the responsibility of the Umpires and Captains/Coaches to refer to the BOM Weather App on a smartphone or tablet, referencing the location the match is being played immediately before play is due to commence to see if further rain is imminent in the immediate area.

The BOM Weather App has a predictive map that tracks rain patterns for the previous 90 minutes and what is expected for the next 90 minutes.

Umpires and (where there are no umpires) Captains/Coaches should consider the following.

- Is it safe for players to play in the conditions? Is it dangerous for play to continue?
- Is it still raining?
- Is the rain misty/light/heavy? (Once players leave the ground for rain, play can resume once it is deemed fit for play. The rain does **NOT** have to be stopped completely.)
- According to the radar, is further rain possible?
- Are there any puddles or very wet areas obvious on the ground and run-ups?
- Are players able to stand-up when fielding a ball?
- Are the bowler's run-ups causing concern?
- What is the light like? Is it fading and becoming quite dark?
- Once play is underway, common sense should prevail on whether play should continue, always taking into consideration player safety.



HOT WEATHER

Symptoms of heat injury or heat stroke

Cricket is a summer sport and as such it is inevitable that at times, matches will be scheduled for play during hot or extreme heat conditions.

The Ballarat Cricket Association recognises that multiple factors pose a risk to the health and safety of participants, including the environment, factors specific to individuals and factors specific to our sport.

Environmental Risk Factors

Climate related environmental risk factors can increase the risk of illness and injury. Risk factors include:

- Air temperature.
- Humidity (it becomes more difficult to regulate body temperature in higher humidity due to a decrease in sweat evaporation).
- Wind speed (this affects the rate of water evaporation).
- Radiant temperature (such as radiant heat from ground surface).

Individual Risk Factors

The following individual risk factors are relevant for our participants These factors need to be understood by everyone involved at the Ballarat Cricket Association

- Age: Children and adults over 65 are considered at greater risk.
- Poor physical condition: Some people may experience heat illness at lower temperatures due to exercising beyond current capacity.
- Inadequate acclimatization: This occurs when our body is not conditioned to warm and/or humid climates.
- Illness or medical conditions: Individuals may be more affected by heat due to medications and illness.
- Dehydration and electrolyte imbalances: Good hydration is needed to keep your body's core temperature down during sport or hot conditions. You must rehydrate to compensate for what the body loses in sweat.

Sport Risk Factors

Sport risk factors are specific characteristics of the sport activity which can contribute to an increased risk of exertional heat illness. The following risk factors are relevant to Cricket. Many of these risk factors can be adjusted to reduce some of the risk of exertional heat illness.

Risk factors include:

- Excessive clothing and athletic gear can increase the risks of the body's core temperature rising.
- Lack of awareness and education of exertional heat illness
- Venue and location. Grounds without clubrooms and appropriate shade present a higher risk as it reduces the opportunity for participants to seek relief from the hot conditions.
- Level and duration of activities. The longer the activity and the more intense, the higher the risk.
- Time of play. Risks are highest between 11am and sunset.



All umpires, captains, coaches, officials and team managers, owe a duty of care to players and officials and should take all reasonable steps to minimise foreseeable risks which may result in injury or damage.

It is important to be aware and react quickly to the following symptoms of heat injury or heat stroke:

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

Emergency plan

1. Lie the victim down
2. Loosen and remove excessive clothing & cool by fanning
3. Give cool water to drink if conscious
4. Apply wrapped ice packs to groins and armpits
5. Seek medical assistance

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.

Mitigation Strategies

The risks of exertional heat illness being suffered by participants can be reduced through a range of mitigation strategies. These strategies can be implemented by everyone. Individuals with a duty of care to participants should consider appropriate mitigation strategies during warm to very hot weather conditions.

The Ballarat Cricket Association, Match Officials (Umpires or Team Captains where appointed umpires are not present) will implement the following sport modification parameters if there is a risk of exertional heat illness to participants.

Hydration

- Promoting hydration strategies including drinking to thirst before, during and after physical activity and reducing intake of sugar sweetened beverages, coffee and alcohol.

Water and cooling

- Encouraging participants to bring additional drinking water
- Increasing availability and access to water for drinking and where appropriate, mist sprays (detail will be responsible to provide water and the quantities to be provided by the organisation)
- Encourage participants to bring ice slurry drinks and cold towels

Shade

- Increasing the amount of shade available (by providing portable shelters, encouraging participants, clubs, and teams or families to bring portable shelters)
- Increasing frequency of breaks for participants to take refuge in shaded areas

Rescheduling / timing changes

- Changing the time of the event to a cooler part of the day
- Postponing to future dates
- Increasing frequency and length of breaks
- Shorten duration of games or races



Rule changes

- Reducing length of games
- Mandating rest and drink breaks
- Allowing for appropriate clothing or uniform modifications where required
- Reducing or removing individual or team penalties if they elect not to participate.

Incidents

- Ensure professional first aid responders, or qualified first aid personnel, are contactable when people are physically active during hot weather
- Monitor players closely and recognise signs and symptoms of exertional heat illness

This heat policy must be referred to if it is determined by the Ballarat Cricket Association or it's member clubs that there is a risk of exertional heat illnesses during immediate or upcoming matches, games, training sessions, activities, competitions or events.

The following table provides guidance on actions that can be taken based on the forecast

The temperature and humidity levels are based on the Sports Medicine Australia 'Beat the Heat' Fact Sheet.

Please note that the risks of exertional heat illness will increase where relative humidity is above the what the table indicates.

Forecast or current ambient temperature	Actions for consideration
21C-25C Humidity exceeds 70%	<ul style="list-style-type: none"> • Promote hydration strategies • Ensure participants have easy access to shade
26C-30C Humidity exceeds 60%	<ul style="list-style-type: none"> • Promote hydration strategies • Ensure participants have easy access to shade • Consider less intense and shorter duration activities
31C-35C Humidity exceeds 50%	<ul style="list-style-type: none"> • Actively monitor the health and well-being of all participants • Be cautious of over exertion during training • Promote hydration strategies and provide additional water • Ensure participants have easy access to shade • Consider postponing to cooler parts of the day
>36C Humidity exceeds 30% Heat Health Alert issued for relevant area	<ul style="list-style-type: none"> • Consider postponing or cancelling the sport or recreation activity. • If continuing, implement relevant mitigation strategies. • Actively monitor the health and well-being of all participants • Be cautious of over exertion during training • Promote hydration strategies and provide additional water • Ensure participants have easy access to shade • Consider postponing to cooler parts of the day

Any decisions on the impact of extreme weather forecasts prior to competition will be made by the Pennant Committee and communicated appropriately by the BCA Operations Officer.

On days of play where the temperature is forecast to reach a maximum of 38 degrees or greater for most of the scheduled play all 3rd XI, 4th XI and 5th XI matches will be cancelled for the day by the Pennant Committee. This is primarily due to most of the grounds used in these grades having fewer facilities such as shade, running water or clubrooms, and the players being generally either older, or younger or less physically fit than those in higher grades, and therefore more susceptible to heat stress.

If games are not proactively cancelled, decision making at the venue will be made as outlined below



Seniors

On a day of extreme heat, the following rules apply with respect to play taking place:

1. It is the responsibility of the umpires and the captains (where no umpire is present) to refer to the BOM Weather App on a smartphone or tablet, referencing the location the match is being played immediately before play is due to commence to see if the temperature has reached 38 degrees.
2. If the temperature as recorded in your designated zone is 38 degrees or more, then play shall not commence.
3. Play shall not commence until the recorded temperature falls below 38 degrees.

Once play commences:

1. It is the responsibility of the umpires and the captains (where no umpires are present) to check every half hour to see if the temperature has reached 38 degrees or higher. This should be done every 30 minutes from the start of play via the BOM Weather App using your most relevant location.
2. If the temperature as recorded in your designated zone is 38 degrees or more, then play shall cease immediately.
3. Play shall not recommence until the recorded temperature falls below 38 degrees.
4. Any delay or interruption to play shall be treated in the usual way and the applicable match rules apply. Specifically, refer to rules regarding reduction of overs and normal conditions.
5. If the temperature reaches 38 degrees and play is delayed, under our match rules, and there is no umpire present to decide, the captains can agree to abandon play on the basis that the conditions are unfit for play to continue.
6. Where the captains disagree, and there is no umpire present to decide, then the teams remain until the temperature falls below 38 degrees, they agree or 6pm arrives.



Juniors

Temperatures up to and including 30 degrees will see no enforced changes to match schedules or formats but it is advised that umpires and junior coaches take adequate steps to ensure player safety as above.

Temperatures reaching between 31 and 35 degrees will see the following changes.

1. Drinks breaks to be taken at 10 overs for T20 matches and 12/13 overs for 25/25 or 50 over matches off the ground in available shade.
2. Drinks to be kept on the field by umpires as required.
3. Consideration of rotating fielders frequently and reducing batting time.

On a day of extreme heat, the following rules apply with respect to play taking place:

1. It is the responsibility of the umpires and coaches to refer to the BOM Weather App on a smartphone or tablet, referencing the location the match is being played immediately before play is due to commence to see if the temperature has reached 35 degrees.
2. If the temperature as recorded in your designated zone is 35 degrees or more, then play shall not commence.
3. Play shall not commence until the recorded temperature falls below 35 degrees.

Once play commences:

1. It is the responsibility of umpires and coaches to check every half hour to see if the temperature has reached 35 degrees or higher. This should be done every 30 minutes from the start of play via the BOM Weather App using your most relevant location.
2. If the temperature as recorded in your designated zone is 35 degrees or more, then play shall cease immediately.
3. Play shall not recommence until the recorded temperature falls below 35 degrees.
4. Any delay or interruption to play shall be treated in the usual way and the applicable match rules apply. Specifically, refer to rules regarding reduction of overs and normal conditions.
5. If the temperature reaches 35 degrees and play is delayed, under our match rules, and there is no umpire present to decide, the coaches can agree to abandon play on the basis that the conditions are unfit for play to continue.
6. Where the coaches disagree, and there is no umpire present to decide, then the teams remain until the temperature falls below 35 degrees, they agree, or the designated finish of play is reached.

Temperatures forecast to reach 35.1 degrees or higher at any point during a JUNIOR match will see either a reduction of playing time to avoid the peak heat period or total cancellation of the round.

Sources

Vic Sport Hot Weather Policy Template - [Hot Weather Resources — Vic Sport](#).

Cricket Victoria Hot Weather Policy - [Microsoft Word - CV-Documents-Template-2018.docx \(cricketvictoria.com.au\)](#)