



BCA POLICY 5 - EXTREME HEAT

Updated - August 2020

SENIOR CRICKET

Normally the Ballarat Cricket Association's Pennant Committee (PC) will make a decision on the day's play at 10.00 am on the morning of the scheduled day's play. Players, Clubs and teams will be notified through local radio station 3BA, Power FM, [BCA official Facebook page](#), [BCA website](#) and other relevant social media outlets. The BCA will endeavour to email and/or text Club reps where time permits.

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 captains to make reference to the Weatherzone 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 40 degrees.
2. If the temperature as recorded in your designated zone is 40 degrees or more, then play shall not commence.
3. Play shall not commence until the recorded temperature falls below 40 degrees.

Once play commences:

1. It is the responsibility of umpires and captains (where no umpires are present) to check every half hour to see if the temperature has reached 40 degrees or higher. This should be done every 30 minutes from the start of play via the Weatherzone App using your most relevant location.
2. If the temperature as recorded in your designated zone is 40 degrees or more, then play shall cease immediately.
3. Play shall not recommence until the recorded temperature falls below 40 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 40 degrees and play is delayed, under our match rules, 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 then the teams remain until the temperature falls below 40 degrees, they agree or 6 pm arrives.



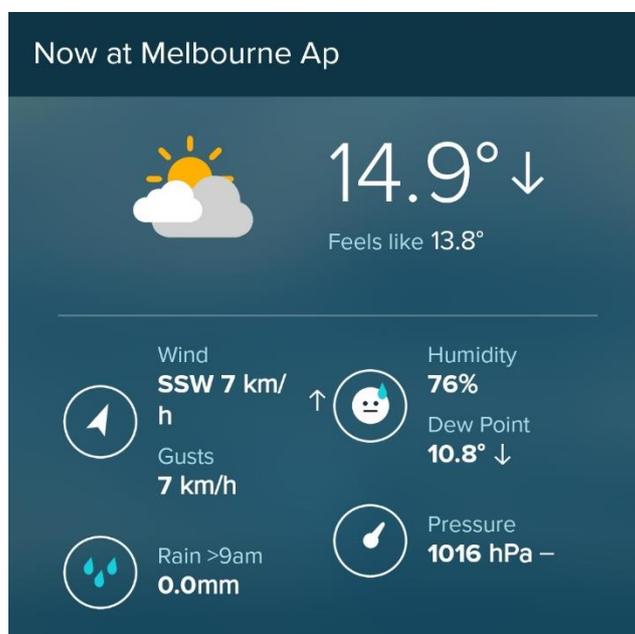
WEATHERZONE APP:

Temperatures are to be taken from the 'Weatherzone' mobile app only. 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 'Sheoaks'. Reading available by selecting Ballarat as the main reading point then scrolling to the right with the arrow as displayed.



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





JUNIOR CRICKET

Normally the Ballarat Cricket Association’s Pennant Committee (PC) will make a decision on the day’s play at 10.00 am on the morning of the scheduled day's play for afternoon matches, and as close to 6pm the night prior for morning matches.

Players, Clubs and teams will be notified through local radio station 3BA, Power FM, BCA official Facebook page, BCA website and other relevant social media outlets. The BCA will endeavour to email and/or text Club reps where time permits.

The table below outlines information supplied by Sports Medicine Australia and will form the basis of the following guidelines and actions.

» Ambient temperature

Easily understood, most useful on hot, dry days.

Ambient temperature °C	Relative humidity	Risk of heat illness	Recommended management for sports activities
15 - 20		Low	Heat illness can occur in running Caution over-motivation
21 - 25	Exceeds 70%	Low - moderate	Increase vigilance Caution over-motivation
26 - 30	Exceeds 60%	Moderate - high	Moderate early pre-season training Reduce intensity and duration of play/training Take more breaks
31 - 35	Exceeds 50%	High - very high	Uncomfortable for most people Limit intensity, take more breaks Limit duration to less than 60 minutes
36 and above	Exceeds 30%	Extreme	Very stressful for most people Postpone to cooler conditions (or cooler part of the day) or cancel

» Heat stress increases with increases in air temperature but be aware that there are not clear demarcations in risk between temperature ranges. At relative humidity levels above those indicated in the table, stress increases markedly.

Temperatures up to and including 30 degrees will see no enforced changes to match schedules or formats but it advised that junior coaches and umpires 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.

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.