

HILLS BASKETBALL ASSOCIATION INC. **HOT WEATHER POLICY**

High intensity exercise in a hot environment, with the associated elevation of body temperature, can lead to heat illness. Heat illness in sport presents as heat exhaustion or the more severe heat stroke.

HILLS BASKETBALL ASSOCIATION INDOOR HOT WEATHER POLICY

Competition:

| Ambient temperature <u>inside</u> stadium | HBA and/or Referee management |
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| 31°C-35°C | Advise teams to increase fluid intake before and during the game. |
| | Referees to call a time-out at the half way point of each period. Each team has an additional timeout per half. |
| 36°C and above | Postpone, delay or abandon the match |
| | Cancelled games recorded as a draw. Fees will be refunded when cancellations occur due hot weather. |

Hornets Academy Program:

| Ambient temperature <u>inside</u> stadium | HBA and/or HA Coaches |
|--|--|
| 31°C-35°C | Advise players to increase fluid intake before and during the event. |
| | Coaches to provide drink breaks every 20 minutes. |
| 36°C and above | Postpone, delay or abandon the event |
| | Fees will be refunded when cancellations occur due hot weather. |

