

POLICY STATEMENT

Cardinia Leisure is committed to ensuring our sport is accessible to everyone and we take every opportunity to provide the highest level of service to all members and participants. Aligned has a Duty of Care to protect the health, safety and wellbeing of participants, during warm to very hot weather and heatwaves. When there is a risk of exertional heat illness, Aligned commits to acting in the best interest of all participants by implementing mitigation strategies.

SCOPE

This policy applies to all people involved in our netball and floorball activities, including employees, volunteers, coaches, officials, participants, parents and guardians. It covers situations where people are inactive yet situated in hot, heat conditions, such as volunteers, parents, spectators and coaches.

This policy is designed to reduce the risks and prevalence of injury and illness which can occur when people play sport during warm to very hot weather conditions. This policy is based on the Extreme Heat Policy – [Sports Medicine Australia \(Feb 2021\)](#) and will be updated as new research findings or technology emerges to assist in managing heat related sport risks.

DEFINITIONS

- **Bureau of Meteorology (BOM)** – the Australian Government Agency responsible for providing weather services to Australia and surrounding areas.
- **Extreme heat** – is when the ambient temperature combined with relative humidity can cause people to become ill from heat stress or heatstroke.
- **Heat related illness** – is characterized by nausea, dizziness, vomiting and fainting.
- **Heat stress** – the risk of heat stress is increased in hot and humid weather resulting in our body being unable to provide enough sweat for adequate cooling.
- **Heat stroke** – is a life-threatening condition in which the body overheats and the body's internal systems start to fail as it can no longer maintain a healthy temperature.
- **Sports Medicine Australia (SMA)** – is recognised as the leading sports medicine organisation in Australia.

SPORT RISK CLASSIFICATION

The SMA Extreme Heat Policy provides recommendations for a range of sports based on participation rates and splits included sports into five “Sport Risk Classification” groups based on the combined effects of exercise intensity and the clothing and equipment worn by participants.

Sport Risk Classification 3 is relevant for all activities facilitated at Cardinia Leisure under this policy.

When a threshold is reached, a colour coding system recommends the actions that can be taken to reduce heat-stress risk. These risk levels are:

- **GREEN:** Low Risk
- **YELLOW:** Moderate Risk
- **ORANGE:** High Risk
- **RED:** Extreme Risk

IMPLEMENTATION

To predict the heat risk associated with an activity, the air temperature and relative humidity for the location where the activity will be taking place will need to be obtained and monitored.

Considering BOM forecast for the following day predicts a temperature of 30° or higher, heat management protocol will apply.

HEAT MANAGEMENT PROTOCOL

Hourly temperature checks are to be completed by the Duty Captain from 12pm. All checks are to be logged electronically at the following file path on Sharepoint: [General>Sports & Stadium>Temperature Logs>Temp Check Logging](#). If the electronic file cannot be accessed then temperatures are to be recorded on the physical copy available under Sports Captain desk.

When Pakenham Basketball programs or competitions are in progress temperature checks are also to be reported to their staff member on duty on an hourly basis.

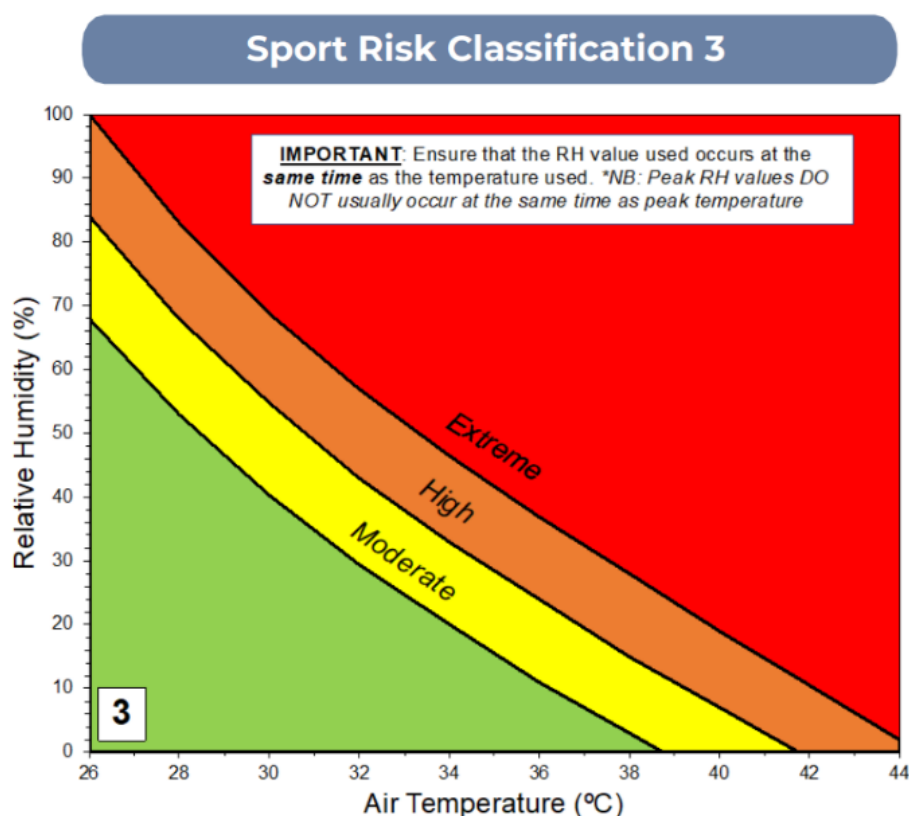
Temperature Readings

Readings are only to be taken using the Humidity & Temperature Meter - IC-GM1361-Plus available under Sports Captain desk (Netball) and Temperature clock (Floorball). Readings must be taken from the designated locations throughout the facility with the local reading relevant for that specific zone:

- Courts 1-4 (Netball)
- Courts 5-8 (Netball)
- OCH Courts 1-3 (Floorball)

Another instrument may only be used in the event that the primary device is not functional and this must be noted on the temperature log.

Once readings have been obtained, the combined air temperature (x-axis) and relative humidity (y-axis) should be plotted on the Sport Risk Classification chart.



The point of intersection of these two values will subsequently fall within one of the 4 coloured zones indicating the level of heat stress risk.

Air temperature, relative humidity and the risk level identified on the chart are to be recorded by the Duty Captain on the temperature log.

Risk Mitigation

For each risk level, the SMA Extreme Heat Policy recommends the actions to be taken to mitigate the prevailing heat stress risk. These actions are cumulative and where the risk level is high, the recommended actions for low risk, moderate risk and high risk should be taken.

GREEN: Low Risk

- Hydrate – drink regularly before, during and after the activity.
- Modify clothing – wear lightweight clothing and remove excess layers.

YELLOW: Moderate Risk

- Rest breaks – increase the frequency and/or duration of scheduled rest/drink breaks. Rest breaks should be taken in a cooler room with air conditioning where possible.

ORANGE: High Risk

- Active cooling – apply active cooling strategies during rest breaks and during activity. Water dousing, fans and icepacks/wet towels are all strategies that can be applied depending on the feasibility of the location.

RED: Extreme Risk

- Activity should be postponed or cancelled with active cooling strategies applied.

Risk Rating Actions

When heat risk ratings of low, moderate and high are obtained activities will proceed as scheduled.

When a heat risk rating of extreme is obtained activities will be cancelled until out of the extreme rating and notification protocol will commence.

If it is considered likely for an extreme rating to be recorded following the 3pm check, the Duty Captain will immediately report to stadium management for an assessment. An authorised manager will assess the temperature readings and the detailed 3-hourly forecast from the BOM. A decision to proceed or cancel activities will then be made in the best interests of the health and safety of participants.

The authorised managers to complete this assessment are to be consulted in the following order:

- Head of Sports & Stadiums
- Sports Captain
- Facility Captain

If the Duty Captain is unable to contact the authorised managers to complete this assessment by 3:30pm, authorisation is then ceded to the Duty Captain.

Notification Protocol

In the event of games cancellation, the Head of Sports & Stadium or Sports Captain, whoever is available to notify in the following manner;

- Teams/Clubs – Notified via email and social media channels
- Staff – Notified via sms, phone or approved messaging application
- Cardinia Shire Council – Notified via email.

CREDITS

Cancellation of games will result in payment being forwarded to next week or credited for the next month's invoice.

POLICY ACCESS

This policy will be made available to all members via website, social media and print copies available at the centre.

REVIEW PROCESS

This policy will be reviewed by the Cardinia Leisure Stadium team on a biennial basis.

If you would like to provide Cardinia Leisure with any feedback or suggestions to improve this policy, please contact Head of Sports & Stadium at sports.cardinia@alignedleisure.com.au