



Hot Weather Policy

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Responsible Person: Badminton Western Australia (BWA)

Board Authority This Policy is made under authority of the BWA Constitution. It is binding on all Members of BWA and is to be interpreted in accordance with the BWA Constitution.

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Introduction

1.1 The health and well-being of all those involved in playing, coaching, officiating or administrating badminton is a priority issue for Badminton Association of Western Australia Inc (Badminton WA).

Badminton WA acknowledges that Heat Stress injury can occur but that it is preventable. Badminton WA will promote and encourage appropriate modified behaviour and in extreme situations will cancel events where it feels safety of participants is at serious risk.

Scope

1.2 This policy impacts all badminton activity conducted by Badminton WA and Affiliates where activity is undertaken in an environment where the temperature;

- is 38 C (for junior players) or higher or
- is 42 C (for senior players) or higher.

While not exhaustive, the scope of this policy includes;

- Badminton WA hosted national and major events,
- Badminton WA and Affiliate tournaments (sanctioned, open / closed and internal),
- Badminton WA and Affiliate competitions,
- Badminton WA and Affiliate coaching and training sessions, and
- Other scheduled or coordinated Badminton WA or Affiliate badminton activity.

General Policy

2.0 Where the indoor environment is;

- 38 C (for junior events) or higher, or
 - 42 C (for senior senior/open events) or higher on the day of the event;
- in a non air-conditioned location used for badminton activity, or such circumstances exist in an air-conditioned environment for whatever reasons, the following shall occur:

For assessing the temperature, the use of a temperature gauge situated at the official Match Desk is to be used.

2.0.1 Cancel or reschedule tournaments, competitions and other badminton activities if the temperature at the venue reaches or exceeds 38 C (for juniors/junior events) or reaches 42 C (for senior/open events) during the activity for a 30-minute continuous period. In respect to tournaments, the Referee, or in the absence of a Referee(s), the Tournament Organiser(s) shall be responsible for determining and implementing this requirement. The Referee will have the authority to implement a heat remediation procedure to allow for cooling of the venue through short and long term cessation of play combined with the use of fans and other cooling strategies.

2.0.2 Junior State Team and State team training will be cancelled if the temperature of the venue on the day of the activity is 38 C.

2.0.3 Badminton WA and Affiliates will strategically place "Beat the Heat" fact sheets and Badminton WA Hot Weather Policy within badminton venues.

2.0.4 Badminton WA will ensure the Hot Weather Policy is available on the Badminton WA website and distributed to Affiliates and any update is circulated and published to

the web in a timely manner.

2.0.5 Organisers will ensure entry forms associated with sanctioned tournaments are appropriately endorsed identifying the event is subject to the Badminton WA Hot Weather Policy and Guidelines and a copy can be obtained from the website.

2.0.6 To obtain the daily temperature observations visit;
<http://www.bom.gov.au/climate/dwo/IDCJDW6111.latest.shtml>

2.0.7 Alternatively, use the Bureau of Meteorology app on your smartphone.

Policy Application

2.1 This Policy shall be applied in the following manner;

Badminton WA hosted national and major events

2.1.1 Unless in contradiction of any BA policy governing badminton activity during hot weather, this policy will apply to any national event staged in Western Australia. Similarly, this policy will apply to major events (e.g. Master's Games) unless in contradiction to the governing bodies policies.

Badminton WA and Affiliate tournaments (sanctioned, open / closed and internal)

2.1.2 Organisers should ensure athletes are made aware one way or another that a tournament will not be conducted where 2.0.1 applies at the geographical location at which the event is to be held. Similarly, tournament organisers have a responsibility to monitor the temperature during the activity in line with 2.0.2.

Temperature Threshold

Where the in-hall temperature at the official match desk reaches 42 C degrees the Referee will sound a warning signal (siren/horn). Play may continue for a further 5 minutes when the temperature will be reassessed. If the temperature hasn't reduced below 42 C degrees play will cease. Internal fans will be turned on for a period of 10 minutes to cool the facility. Play will recommence once temperatures are below 42 C degrees.

Breaks in Play

The Tournament Referee will have the discretion to provide additional breaks in play in order to manage hot weather. Breaks may occur at points 7 and 14, in consultation with the players.

Cool Room

A room with a cooler temperature may be offered at Kingsway Indoor Stadium as an option to spend recovery time away from the hot playing area.

Water

Players are reminded to maintain hydration. There are several water supply options to maintain water levels. A reminder to take drinks throughout the match may be required.

Badminton WA and Affiliate competitions

2.1.3 This policy shall apply to both Badminton WA and Affiliate conducted competitions in respect to cancelling, postponing or suspending play in line with 2.0.1. Night time (evening) activities represent the only acceptable potential exception to the application of 2.0.1.

It is recognised that competitions are generally staged in the evening when the temperature may have dropped compared to the forecast maximum temperature for the day. Geographical and environmental factors will dictate if appropriate to proceed with evening activities. This decision needs to be managed as part of the rules of the competition, recognising however that 2.0.2 will automatically apply when appropriate.

Badminton WA and Affiliate coaching and training sessions

2.1.4 Coaches and organisers need to manage (re-schedule or cancel) coaching and training sessions in line with the requirements of this policy. Management shall be in a manner as agreed and communicated with the participants.

Other scheduled or coordinated badminton activity

2.1.5 Where a scheduled or coordinated badminton activity consists of a physical component, either the activity shall be postponed or cancelled or the nature of the activity shall be modified to remove the physical component. It is not intended that this policy impacts social events and similar (e.g. club barbecue).

Exclusions and Liability

2.2 This policy does not apply to sanctioned tournaments, competitions, coaching, training or other badminton activity that is held within air-conditioned venues and the environment is less than 38 C during the period of the activity.

Organisers of competitions in air-conditioned venues are to make participants aware of the risks of playing in extreme temperatures and should draw participants attention to the Badminton WA Hot Weather Policy and Guidelines and ways in which to manage heat.

If a Badminton WA or Affiliate event is cancelled or rescheduled because of the application of this policy, Badminton WA, its Board, Members and servants will not be held liable for any associated impact and expense.

Policy Review 3.0

This policy will be reviewed at least every two (2) years.

Guidelines

Introduction

Vigorous exercise, such as badminton, places some people at risk of heat illness, especially in hot weather. If untreated, heat illness can lead to the more serious and potentially life-threatening condition of heat stroke. By understanding the causes of heat illness health professionals, coaches, athletes and anyone involved in sport or physical activity can help prevent heat illness by using the advice provided in the Guidelines to minimise the risks promoted by Sports Medicine Australia.

Most of the advice involves simple rules of common sense. Listen to your body and stop or slow down if you feel unwell. This is particularly important for children. Make sure that you have access to cool drinking water and take particular care in the hottest parts of the day or year.

Advice to tournament organisers

During summer months when staging tournaments, develop entry forms, event management and timings in a way which is not taxing but considerate of player health and wellbeing. This may include not having round robin groups and additional events and providing relaxed timings and catering for 5 minute breaks.

Encourage athletes to take the maximum 3-minute rest period permitted between games.

Where athletes compete in 2 consecutive matches, introduce a rest period of at least 10 minutes between matches.

Prior to the commencement of play for the day, reinforce measures athletes should take to minimize the impact of heat exhaustion.

Advice to athletes

Drink sufficient water in the hours prior to playing sport and hydrate regularly during the course of the activity.

Maintain a good level of personal fitness in summer months.

In accordance with the rules of badminton, make full use of the 2-minute break between games of badminton and the time-out rule. In accordance with this policy, seek to have a 10-minute break when required to play consecutive badminton matches.

Advice to coaches

In addition to complying with this policy, when coordinating coaching and training sessions and alternative fitness activities, coaches should be familiar with individual player health data which may impact activity during hot weather.

During the summer months it is recommended coaches ensure alternative activities are planned should heat necessitate cancelling / postponing scheduled activity.

Cancellation

Should the entire event be cancelled or rescheduled refunds will be processed in line with the Badminton WA Refund Policy. Should matches be rescheduled, where a player is unable to attend, no refunds will be considered except for exceptional circumstances. An application for consideration can be submitted to the tournament organiser.

Other considerations

Athletes 15 years or younger and badminton participants over 65 years should make themselves aware of the increased risks and in turn take extra precaution when playing badminton in higher temperatures.

References

Sport Medicine Australia's fact sheet "Beat the Heat".