

**November 2009**

## **Heat Guidelines for Community Cricket in NSW**



Climate conditions vary throughout New South Wales and individuals' tolerance of heat and humidity will vary significantly. Cricket NSW recommends that clubs, schools and associations apply commonsense guidelines to climatic conditions that exist within their respective regions.

The factors listed below should all be taken into consideration when determining if a training session or match is to be cancelled or not:

- What time of day will cricket activities take place?
- How much shade is available at the venue?
- Do participants have access to cool water?
- How old are the participants?
- Do all the participants have a hat?
- Can we stop for regular drinks breaks throughout the session?

The above listed items are only guidelines and it is recommended that you consult with the respective guidelines of Sport Medicine Australia ([www.sma.org.au](http://www.sma.org.au)).

No participants should feel pressured to play or train in any conditions in which he or she feels uncomfortable. Ultimately a participant's parent/guardian has the right to decide whether their child will participate in a match or training session or not. If umpires are involved, close consultation with them will ensure commonsense prevails.

Coaches and parents/guardians should encourage hydration before, during and after the cricket activity and monitor participants carefully for any signs of heat stress.

Should a match or training session be cancelled for weather related reasons, the Coach should endeavor to reschedule when possible.

**For Further clarification on this issue, please contact your local Cricket Manager on:  
(02) 8306 6000**

