

Redlands Netball Association Inc.

Heat Management Game Day Procedure

Relevant Policy – Adverse Weather Conditions Policy

Addendum 1

Control Room

15 Minutes prior to commencement of First Round

- Convene a Game Day Weather Panel consisting of three RNA Management or Operational committee members. Record names on Game Day Record sheet.
- Review and familiarise the Adverse Weather Conditions Policy relating to heat management (Clause 6.)
- Place weather sensor outside in designated area (*see location diagram) and check signal is being received at Main weather station in Control Room.

15 Minutes Prior to Commencement of Every Round

- Weather Panel Determine if Heat Management Procedure needs to be implemented.
- Refer to table below
- ❖ **Heat management policy preferably should be implemented at the start of or at half time of each game.**
- ❖ **Heat management policy can revert to normal timing at the start of or at half time of each game.**

Recording on Game Day Record Sheet - Outside Heat and Humidity

- Low to moderate levels- at the start of each game
- Moderate to high levels- at the start of and 1/2 time break of game
- High to very high levels- at the start of and quarter/half time breaks of game.

Heat Management Game Day Procedure

- Advise Umpire Convenor that Heat Management Procedure is being implemented for the next round
- Ensure each Score Card Folder is issued with a timing procedure. (fluoro coloured)
- At the start of each round announce 2-3 times that the Heat management Procedure is being implemented
- Revert to manual timing of games. Time each period of play and each 90 second break. This will require using timers on the Control Room bench.
- Manually control the siren/hooter

Game Timing- Moderate to High risk of heat illness.

Games will be managed and divided as follows

- 1st Quarter – 6 mins of play, 90 second Break, 6mins of play.
- 2min Break
- 2nd Quarter– 6 mins of play, 90second break, 6 mins of play.
- 5 minute break
- 3rd Quarter – 6 mins of play, 90 seconds break, 6 mins of play.
- 2 min break
- 4th Quarter – 6 mins of play, 90 seconds break, 6 mins of play
- Game end

Redlands Netball Association Inc.

Game Timing - Very high to Extreme risk of heat illness (36 degrees or above, Humidity exceeds 30%)

Please notify a member of the management committee when this level is reached.

Games will be managed and divided into 8 periods of play as follows

- 1st Quarter – 5 mins of play, 90 second Break, 5 mins of play.
- 3min Break
- 2nd Quarter– 5 mins of play, 90second break, 5 mins of play.
- 6 minute break
- 3rd Quarter – 5 mins of play, 90 seconds break, 5 mins of play.
- 3 min break
- 4th Quarter – 5 mins of play, 90 seconds break, 5 mins of play
- Game end

- ❖ **Play will resume where the ball was when game was interrupted for hydration break.**
- ❖ **Players will not be permitted to leave the court during rehydration breaks.**
- ❖ **No other person is permitted on the court during rehydration break in**
- ❖ **Positional changes are not permitted during hydration break.**
- ❖ **Players must call a injury time to leave court or for positional changes (as per rule 9.1 below)**

Ambient temperature °C	Relative humidity	Risk of Heat Illness	Recommended management
15-20		Low	Caution over-motivation
21-25	Exceeds 70%	Low- Moderate	Caution over-motivation
26-30	Exceeds 60%	Moderate- High	When required reduce intensity and duration of play/training Where required incorporate more rest and hydration breaks Consider player rest and rotation
31-35 <i>Implement Hydration Breaks</i>	Exceeds 50%	High- very High	When required incorporate an addition rest/hydration break at the half way point of every quarter Consider player rest and rotation
36 and above <i>Implement Hydration Breaks</i>	Exceeds 30% <i>Reduce Game time and increase breaks (1/4 and 1/2 time)</i>	Extreme	When possible postpone games to cooler conditions or cooler part of the day. Avoid scheduling games during the hottest part of the day – between 11am and 3pm Consider shortening the game time OR Cancel

Rule 9.1 - substitutions and team changes

- (i) Both teams have the right to make substitutions and/or team changes
 - (a) During an interval
 - (b) When play is stopped for injury/illness or blood.
- (ii) The number of substitutions is not limited provided the players used are those named for the match.