

# Gawler & District Table Tennis Association

## HOT WEATHER POLICY – Rev 1.1

### 1. Introduction

#### 1.1 Background

The health and well-being of all those involved in playing, coaching, officiating or administrating table tennis is a priority issue for Gawler & District Table Tennis Association (GDTTA).

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

#### 1.2 Scope

This policy impacts all table tennis activity conducted by GDTTA where the activity is undertaken in an environment where the temperature is 36 degrees Celsius (36°C) or higher or where the forecast temperature for the period 6:30 PM to 10:30 PM published at 9 AM on the day of the event is 36°C or higher. While not exhaustive, the scope of this policy includes:

- Wednesday Night Competition Table Tennis
- Any day-time events or tournaments, evening practice or competition where the temperature has not dropped below 36°C

### 2. General Policy

Where the environment is 36°C or greater in a non-air conditioned location used for table tennis activity, or such circumstances exist in an air conditioned environment for whatever reasons, the following shall occur:

- 2.1 Cancel or reschedule the tournament, competition or otherwise table tennis activity if the forecast temperature on the morning of the activity is advertised to be 36°C or higher.

For the purpose of assessing the forecast temperature, the following SA Bureau of Meteorology website:

<http://www.bom.gov.au/places/sa/gawler/forecast/detailed/>

shall be the reference source in respect to the suburb/town location at which the table tennis activity is to be held.

Cancellation advice will be published on the GDTTA Face Book page and website by no later than 12:00 PM on the day of the activity. Team captains are required to advise team members without access to computing facilities of the cancellation.

- 2.2 Cancel or reschedule tournaments, competitions and other table tennis activities if the temperature at the venue reaches or exceeds 36°C during the course of the activity for a 30 minute continuous period. In respect to tournaments, the GDTTA committee (the tournament organizers) shall be responsible for determining and implementing this requirement.
- 2.3 Table Tennis South Australia's Hot Weather Policy and the "Beat the Heat" Fact Sheets will be available to all involved in GDTTA Table Tennis.

- 2.4 GDTTA will ensure the Hot Weather Policy is available on the GDTTA Face Book page and website, regularly updated and membership informed.
- 2.5 Organizers will ensure entry forms for sanctioned tournaments are appropriately endorsed identifying the event is subject to GDTTA and TTSA Hot Weather Policies and Guidelines. (Available on website).

### **3. Policy Application**

This policy shall be applied in the following manner:

#### **GDTTA tournaments (sanctioned, open / closed and internal)**

- 3.1 Organisers should ensure athletes are made aware one way or another that a tournament will not be conducted where 2.1 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 course of the activity in line with 2.2.

#### **GDTTA competitions**

- 3.2 This policy shall apply to GDTTA conducted competitions in respect to cancelling, postponing or suspending play in line with 2.1. Night time (evening) activities represent the only acceptable potential exception to the application of 2.1.
- 3.3 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 2.2 will automatically apply when appropriate.

#### **Other scheduled or coordinated table tennis activity**

- 3.4 Where a scheduled or coordinated table tennis 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.
- 3.5 It is not intended that this policy impacts social events and similar (eg club barbecues).

#### **Exclusions and Liability**

- 3.6 This policy does not apply to sanctioned tournaments, competitions, coaching, training or other table tennis activity that is held within air-conditioned venues and the environment is less than 36°C during the period of the activity.
- 3.7 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 GDTTA Hot Weather Policy and Guidelines and ways in which to manage heat. If a GDTTA event is cancelled or rescheduled as a consequence of the application of this policy, GDTTA, its committee, members and servants will not be held liable for any associated impact and expense

4. This Policy will be reviewed every three years.

\*for Hot Weather Guidelines see Appendix A on next page.

Date: 21 October 2020

## **Appendix A – Hot Weather Guidelines**

### **Introduction**

Vigorous exercise, such as table tennis, 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 minimize 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 you have access to cool drinking water and take particular care in the hottest parts of the day or year.

### **Advice to tournament organizers**

During summer months when staging tournaments, develop entry forms, event management and timing in a way which is not taxing but considerate of player health and well-being. 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 1 minute rest period permitted between games.

Where athletes compete in 2 consecutive matches, introduce a rest period of up to 5 minutes between matches.

Prior to 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 fitness in summer months.

In accordance with the rules of table tennis, make full use of the minute break between games of table tennis and the time out rule. In accordance with this policy, seek to have a 5 minute break when required to play consecutive table tennis 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 health player 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.

### **Other Considerations**

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

### **References**

Sports Medicine Australia's Fact Sheet "Beat the Heat".