



NEWTON JAGUARS NETBALL CLUB

NJNC POLICIES AND PROCEDURES

HEAT POLICY

PURPOSE;

- Newton Jaguars Netball Club has a responsibility towards the Coaches, Umpires, Players and Volunteers in relation to physical activity and exposure to heat and sun.
- This policy has been adapted within the guidelines as published by Netball SA and in consultation with qualified fitness professionals.

OBJECTIVES

- The policy is designed to ensure all players and officials of the NJNC are protected from heat stress during activities run by the Club and under Club direction.

SCOPE

- This covers any club activities including Training, Playing or Club social activities that are conducted in outside environments.
- The club is responsible to educate and supervise all members regarding appropriate head and body protection and appropriate dehydration during the activity. This includes reminding all involved of the need to properly hydrate during the period before the activity.

POLICY TRAINING

- If the temperature at **3.00pm** on the day of any training is 34-35degrees **ALL RECOMMENDED TRAINING MODIFICATIONS SHOULD BE IMPLEMENTED.**
- If the temperature at **3.00pm** on the day of any training is 36degrees or over. **ALL TRAININGS WILL BE CANCELLED.**

It is at the discretion of The Coaches to determine if the training will be rescheduled.

All temperatures will be taken from the Bureau of Meteorology (Adelaide) Website <http://www.gov.au/IDS60901/IDS60901.94675.shtml>

- In circumstances, where the weather is predicted to be significantly higher than 36degrees prior to training night, the Club may enact its Hot Weather Policy earlier than the time dictated above
- Should the Hot Weather Policy for **training** be enacted, the information will be published on the NJNC Facebook page. Coaches and Team managers will advise their teams accordingly. If in doubt please contact your Coach or Team Manager for further instructions.



NEWTON JAGUARS NETBALL CLUB

HOT WEATHER POLICY Continued

POLICY

HOT WEATHER MODIFICATIONS FOR TRAINING

All Coaches and Team Managers are required to consider and implement the following actions in a training session modified due to Hot Weather.

- Reduce the length of training sessions and drills during the session.
- Strongly promote and encourage fluid replacement before, during and after training activities.
- Provide regular drink breaks between drills and activities. Have regular breaks in drills.
- Reduce physical demands placed on participants during training.
- Use existing shaded areas (Lawned area) for periods of inactivity.

Training can be held in temperatures over 36degrees if the training is moved indoors where adequate air-conditioning, fans or pool facilities are present.

If possible, training can be rescheduled to be held during the morning or Later in evening (After 7.00pm to avoid the heat. Ensure adequate hydration Breaks must be provided during the session and participants must be reminded to maintain hydration during the day.

Premier League and Premier League Reserves may modify the application of this policy only where training is under the direction of a Physical Fitness professional.

POLICY

GAMES

SADNA – HOT WEATHER POLICY

Mon/Tues/Fri Nights. When the temperature at 5.00pm is 36 or over, all matches are to be abandoned. The Temperature is to be taken as announced on MIX 102.3.

When the temperature at 5.00pm is 34degrees or over, all notified forfeit fees are to be waived. In finals, matches cannot be abandoned, but should the temperature be 36 or over, all matches will be moved back 30 minutes

CITY NIGHTS - HOT WEATHER POLICY

<http://citynight.sa.netball.com.au/files/2018-19%20CND%20hot%20weather%20policy.pdf>