



BASKETBALL WA

Hot Weather Procedure

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1 Acknowledgement

This Procedure has been adapted from the Sports Medicine Australia (SMA) Extreme Heat Policy [SMA-Extreme-Heat-Policy-2021-Final.pdf](#). Basketball WA (BWA) acknowledge SMA, the University of Sydney - Thermal Ergonomics Laboratory for their invaluable research and insights. BWA considers SMA the preeminent experts in Sports Medicine.

2 Scope

This Procedure applies to all BWA directly controlled competitions, training and activities and replaces the previous *Hot Weather Guidelines (as amended)*.

This Procedure provides evidence-based guidance to ensure basketball activities are conducted safely in hot weather.

3 Purpose

This Procedure is used for risk mitigation and safe practice of basketball activities during hot weather. Basketball is played year-round in diverse weather conditions across Western Australia. GBWA is committed to protecting participants' health and safety by mitigating risks associated with extreme heat. The end user of this procedure may implement further risk control measures, however, should not reduce the recommended risk control measures.

4 Document Author and Approving Authority

The BWA CEO is the document approver for this Procedure. Any changes or process improvement suggestions should be communicated to the BWA Chief Basketball Officer.

5 Methods of Measuring Heat Risk

Heat risk is determined using **air temperature** and **relative humidity**. Basketball WA recommends accessing the latest forecasts and measurements through reliable sources such as:

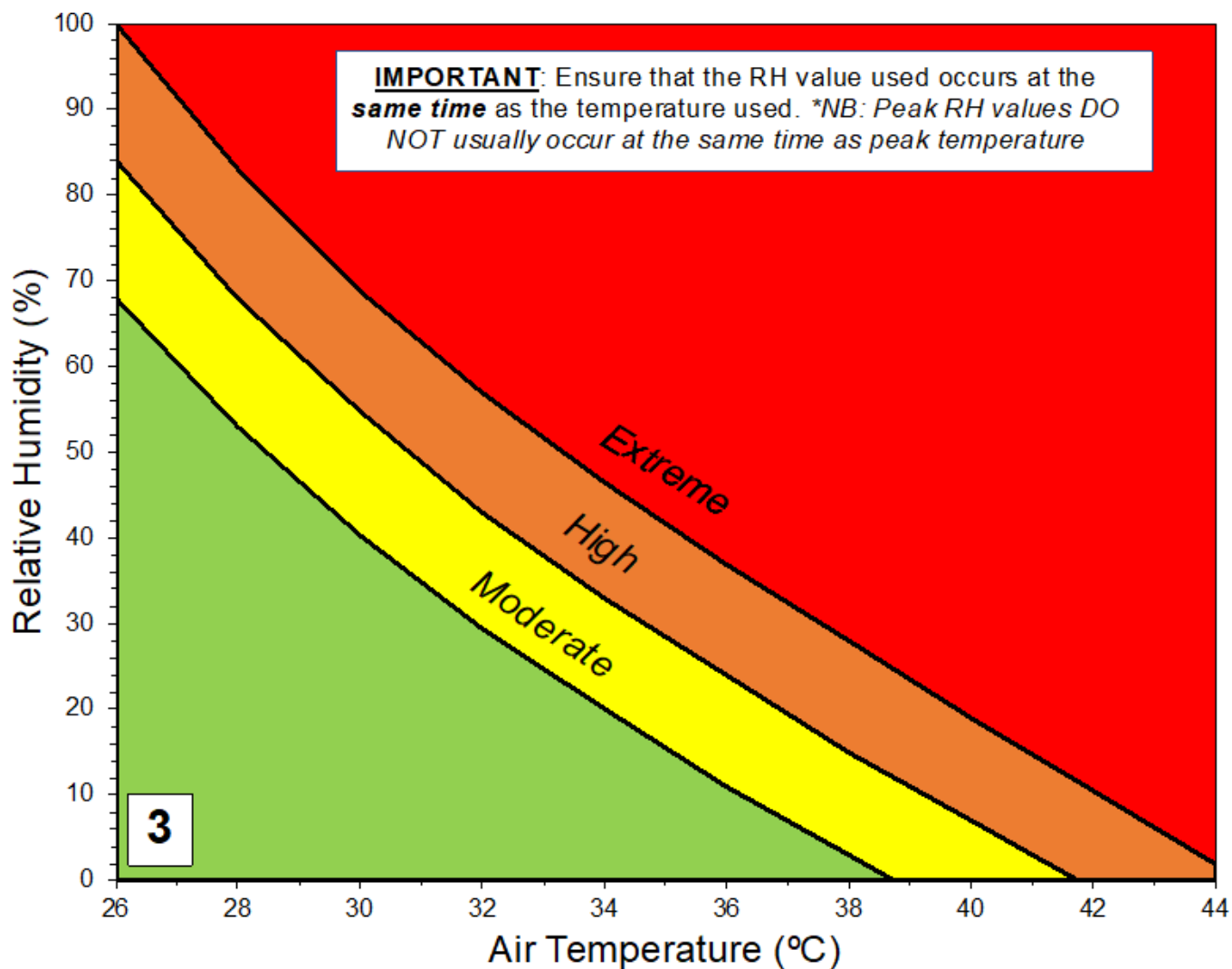
- The Bureau of Meteorology (BOM), [Latest Weather Observations for Western Australia](#); or
- A purchased thermometer (which can be used court side) that captures both *live* air temperature and relative humidity of the court/s being utilised. Common thermometers that have this functionality are similar to below pictures:



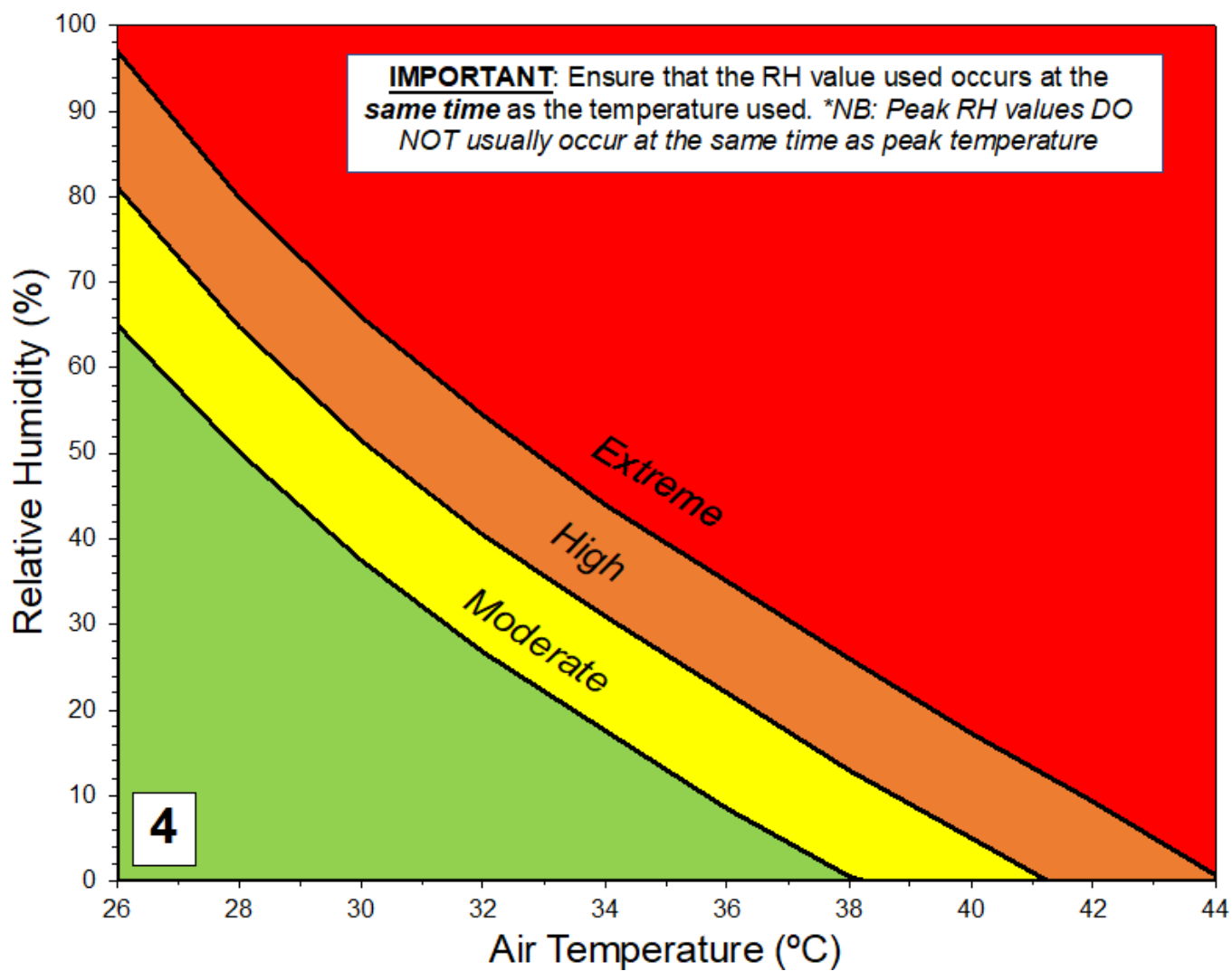
6 Steps to Assessing Heat Risk:

1. Obtain **air temperature** and **relative humidity** readings. The most accurate readings are obtained manually from the specific basketball courts being used and at the time of intended use.
2. Use the Heat Risk Assessment Chart (adapted from SMA guidelines) to classify conditions into one of four categories:
 - **Green:** Low
 - **Yellow:** Moderate
 - **Orange:** High
 - **Red:** Extreme
3. SMA note Basketball as a Category 'three' sport. For a **single game** of Basketball or Basketball related activity equivalent in duration to one game, use **Category 3** of the heat risk assessment chart.
4. If a participant is scheduled for **two games** or basketball-related activities equivalent in duration to two games **on the same day**, use **Category 4** of the heat risk assessment chart.
5. If a participant is scheduled for **three or more games** or basketball-related activities equivalent in duration to three games **on the same day**, use **Category 5** of the heat risk assessment chart.
6. Implement necessary precautions or modifications based on the risk category to ensure participant safety. If required, cancel or suspend activities until safe to proceed.
7. If a tournament involves participants playing two games while others play more than two, the greater number of games shall serve as the control measure for all participants.

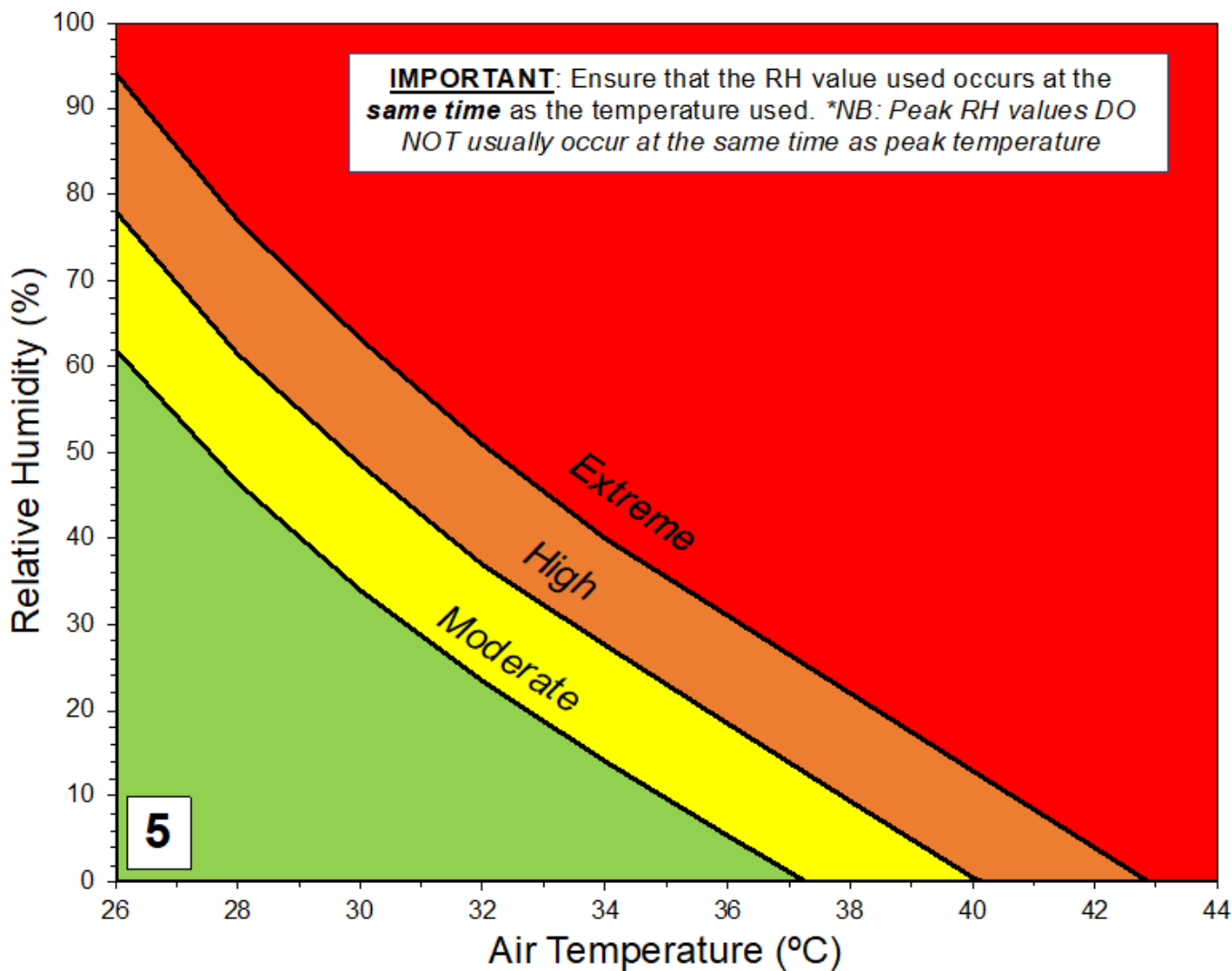
6.1. Heat Risk Assessment Chart (Category 3)



6.2. Heat Risk Assessment Chart (Category 4)



6.3. Heat Risk Assessment Chart (Category 5)



6.4. Minimum Recommended Risk Control Measures

6.4.1. Green:

- a. Ensure regular hydration, and if outdoors, apply sunscreen.
- b. For participants scheduled for multiple games or basketball-related activities equivalent in duration to multiple games on the same day, ensure adequate rest between activities.

6.4.2. Yellow:

- a. If the game is divided into two halves, breaks during the game should be increased by an additional 10 minutes and playing duration in each half reduced to offset the greater amount of breaks.
- b. If game time is divided by four quarters, quarter time break shall be increased 3 minutes and playing duration in each quarter reduced to offset the greater breaks in each quarter.
- c. Consider any additional rest breaks or enforced timeouts.
- d. If a participant is scheduled for multiple games or basketball-related activities equivalent in duration to multiple games on the same day, adequate rest must be scheduled between activities. On court participants are not to be scheduled in *back-to-back* games.
- e. During breaks, use shaded benches (outdoor play), if shade is not available – use portable shade structures.

Control measures assume that a basketball game has a 40-minute playing duration, divided into 10-minute quarters, as per FIBA regulations. Any control measure involving the increase of rest (and reduction of the total possible playing duration, per game) should consider the scheduled total playing duration for that game.

For example:

- If the game is assessed as Yellow (Moderate Risk) and the total possible playing duration (per game) **exceeds 40 minutes, additional rest (and reduction of total playing duration) should be scheduled.**
- If the game is assessed as Yellow (Moderate Risk) and the total possible playing duration (per game) **is less than 40 minutes, additional rest (and reduction of total playing duration) may not be required.**

6.4.3. Orange:

- a. Further rest periods must be implemented – greater than that of 6.4.2 Yellow.
- b. If participant level of fitness is not tolerating the conditions, substituting the participant (enforced rest), increasing further break durations, or suspending / cancelling the activities for the participant/s may be required.
- c. If available, undertake the following:
 - Position fans (or other cooling devices) at player and score benches.
 - Use of air-conditioned rooms as 'recovery rooms'.
 - Use of electrolyte drinks.
 - Provide chilled water / ice.

6.4.4. Red (Extreme Risk):

- a. Suspend all activities until the risk level is reduced.

7 Further Information

For further information in relation to managing basketball related activity in hot weather, please review:

- [SMA-Extreme-Heat-Policy-2021-Final.pdf](#)
- [beat-the-heat-2011.pdf](#)
- [UV-Exposure-and-Heat-Illness-Guide.pdf](#)