



# B A D M I N T O N S A

SA Badminton Association Inc PO Box 307 Brooklyn Park South Australia 5032 Phone/Fax: (08) 8354 0320  
Court Hire (08) 8443 5422 • badminton@adam.com.au • www.badmintonsa.org.au

## HOT WEATHER POLICY & GUIDELINES

The health and well-being of all those involved with badminton is a priority issue for the South Australian Badminton Association. SABA acknowledges that Heat Stress injury can occur within indoor venues but is preventable. SABA will promote and encourage appropriate modified behaviour and in extreme situations even cancel events where it feels safety of participants is at serious risk.

SABA recommends that all people involved with badminton, read Sport Medicine Australia's fact sheet "Beat the Heat" and in particular drink sufficient water in the hours prior to playing sport/exercising and maintain a good level of personal fitness in summer months.

*The South Australian Badminton Association will:*

1. Strategically place the "Beat the Heat" fact sheets and SABA's Hot Weather Policy within the Lockleys facility as well as include them on the official SABA website.
2. When updated, forward the revised Hot Weather Policy to all affiliated groups and playing associations.
3. In the summer competition, modify the rules so that:
  - Players may take a 2-minute rest period between the 1<sup>st</sup> & 2<sup>nd</sup> game and a 3-minute rest period between the 2<sup>nd</sup> & 3<sup>rd</sup> game if a match is "best of 3 games".And recommend that
  - Where players compete in 2 consecutive matches, they may take a rest period of up to 5 minutes between matches.
  - Players 15 years or younger and/or over 65 years make themselves aware of the increased risks and in turn take extra precaution when playing sport in higher temperatures.
4. Cancel or reschedule the normal weekly competition if the temperature at the Adelaide Airport at **5pm** (or 2 and a half hours prior to the scheduled start) is **39°c** or above.

To obtain the temperature at 5pm at the [Adelaide Airport](http://www.bom.gov.au/products/IDS60901/IDS60901_94672.shtml) go to [www.bom.gov.au/products/IDS60901/IDS60901\\_94672.shtml](http://www.bom.gov.au/products/IDS60901/IDS60901_94672.shtml) under heading: "Temp oC"



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5. Cancel or reschedule tournaments and other events eg. Junior League, State Squad training if the forecasted temperature the evening before such an event for Adelaide (or where relevant, the nearest weather observation station) is **37°c** or above for a junior event or **39°c** or above for an open tournament.

To obtain the forecasted temperatures for the Adelaide areas (as recorded at 4pm) go to <http://www.bom.gov.au/products/IDS10034.shtml>.

6. Please note: SABA may be advised by authorities, to cancel sporting events when conditions fall outside the above guidelines, eg. long periods of extreme heat. In these circumstances, SABA will forward such advice to the organisers, eg. a nominated delegate from each club, whose duty it will be to pass on that advice to team captains.

Authorised by

(President)

Dated this 29th day of December 2009

**Disclaimer:** The information stated on this document is of a general nature. Individual circumstances may require modification of general advice from an appropriate health professional e.g. Doctor, Naturopath and Sports Trainer.



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**be active.**