

SQUASH RACKETS ASSOCIATION OF  
SOUTH AUSTRALIA INC.

# HOT WEATHER GUIDELINES

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Authorised by:

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Chairman

## Squash SA Hot Weather Guidelines

The aim of the policy is to make the playing of Squash in extreme weather conditions a safer activity for participants by setting guidelines and benchmarks that determine when the match or game structure should be modified or cancelled.

The Squash SA Hot Weather Guidelines applies to Squash and Racquetball viz:

1. Pennant Competitions
2. SA Masters Pennant Competitions
3. In-house Competitions
4. Senior and Junior Tournaments
5. Junior League and Schools Competitions
6. Other Squash SA and SAMS sanctioned Events

In general, Squash Centres should be of a standard to provide satisfactory indoor temperature regulation for Squash and Racquetball competition throughout the year.

To assist in this Centre Managers should investigate the inclusion of ceiling fans, air conditioning and/or other ventilation devices.

When scheduling season fixtures and the tournament calendar Squash SA should endeavour to make use of the most appropriate available facilities.

### Definitions

1. Air conditioned facility (includes evaporative and refrigerated court cooling)
2. Non-Air conditioned (ceiling fans are not considered as air conditioning equipment)

### Modification or cancellation of a match

Planning for modification or cancellation during extreme heat conditions for squash and racquetball takes into consideration the outdoor temperature and on court temperature.

Table A.

Forecasted temperature as determined by Bureau of Meteorology is 32 degrees Celsius Or above	Forecasted temperature as determined by Bureau of Meteorology is 40 degrees Celsius Or above
<ol style="list-style-type: none"><li>1. Measure the on court temperature and be prepared to modify or cancel your event</li><li>2. Maximise airflow and reduce heat build up in the Centre and on the Courts</li><li>3. Employ air-conditioning</li></ol>	<ol style="list-style-type: none"><li>1. Automatic cancellation of day time competition and tournaments scheduled to be played in a non air-conditioned centre</li><li>2. Air conditioned centre must measure the on court temperature</li><li>3. For evening Pennant Competitions apply steps 1 to 4 of outline in table B (listed below)</li></ol>

NB. Squash SA management may determine that a junior tournament will be cancelled due to consecutive days of extreme hot weather. Such a decision will normally be taken and communicated at least 24 hours prior to the scheduled event to enable adequate time to notify country participants.

The determining factor is the on court temperature:

Table B.

33 – 35 degrees on court temperature	36 degrees on court temperature (as advised by Sports Medicine Australia)
<ol style="list-style-type: none"><li>1. Modify game structure or tournament draw</li><li>2. Extend the breaks between each game</li><li>3. Ensure that players take adequate fluid before, during and after the game</li><li>4. Encourage the use of towels and fans during breaks</li></ol>	<ol style="list-style-type: none"><li>1. Measure on court temperature prior to the commencement of play</li><li>2. Cancel match if the on court temperature is 36 degrees or above.</li></ol> Or <ol style="list-style-type: none"><li>3. Wait a further half hour period and re-measure the on court temperature.</li><li>4. Cancel match if the on court temperature is 36 degrees or above</li></ol>

### The application of the Cancellation of a Match

1. Pennant and Racquetball Competition: Both teams will be awarded a match draw. Note - when a draw is played at more than one venue the individual temperature at each venue will determine if the match is played or is cancelled.
2. Daytime Competition: The round will be cancelled. No points will be awarded to teams.
3. Friday Night Junior Competition: Both teams will be awarded a match draw. When a draw is played at more than one venue the individual temperature at each venue will determine if the match is played or is cancelled.
4. Senior Tournaments. A tournament will be rescheduled where practical

## Modification of competition structure

### Roles and Responsibilities

#### **Centre Managers during Pennant, in-house or centre bookings should:**

- Take steps to maximise airflow and reduce heat build up in the Centre and on the Courts
- Make an assessment of playing conditions measure on court temperature and advise Team Captains of the outcome of the assessment. Cancel matches if necessary.
- Advise Team Captain to extend the breaks between each game

#### **Coaches during Competitions, Tournaments, Training should:**

- Ascertain whether any players have known medical conditions which may be affected by heat
- Ensure that players take adequate fluid before, during and after the game
- Encourage the use of towels and fans during breaks
- Request the extension of breaks between each game

#### **Referees during competitions and tournaments should:**

- Be prepared to extend breaks between each game as appropriate
- Be alert and react to any signs of distress/potential distress in players

#### **Tournament Director should:**

- Ensure that players take adequate fluid before, during and after the game
- Be alert and react to any signs of distress/potential distress in players
- Ascertain whether any players have known medical conditions which may be affected by weather conditions
- Modify the number of games from the best of 5 to the best of 3
- Be prepared to cancel or reschedule games if playing conditions are considered unsafe

#### **Further Information:**

Reference to the resource fact sheets freely available from Sports Medicine Australia: 'Hot Weather Guidelines', 'Drink Up'.

Refer Attachment A 'Beat the Heat' playing and exercising safely in hot weather.