



Extreme Heat

Warren Lake Carnival and State Championships

Tee-Ball Association of WA
Drafted February 2024
Endorsed February 2024

Tee-Ball Association of Western Australia (TBAWA) is committed to the health and safety of players, officials and spectators participating and involved with our sport

1. Background

This Policy provides guidance for the TBAWA to assist in the decision process for the management of heat-related stress reduction at TBAWA-sanctioned events and is used by TBAWA to assist with the decision-making process on when to cancel or postpone teeball games due to extreme heat.

This policy and procedures are underpinned by the policy and guidelines from Sports Medicine Australia available from the Sports Medicine Australia website <https://sma.org.au/> or : [SMA-Extreme-Heat-Policy-2021-Final.pdf](#)

Baseball and Softball are classed as Category 4. However, due to the higher risks associated with children, TBAWA have decided to use the Sports Risk Classification 5 Chart for our Teeball events.

Parents and guardians need to be kept aware that this policy and process does not override their own responsibility to the health and wellbeing of their children and they should remove their own child from playing if they feel that there is an unacceptable risk to their child from heat stress due to any factors individual to their child, i.e., recent illness, etc.

Tee-Ball like Baseball is usually considered a safer sports at higher temperatures, because of the lower intensity of play ; however, common sense must be used when children are involved in competitive sport in hot weather conditions.

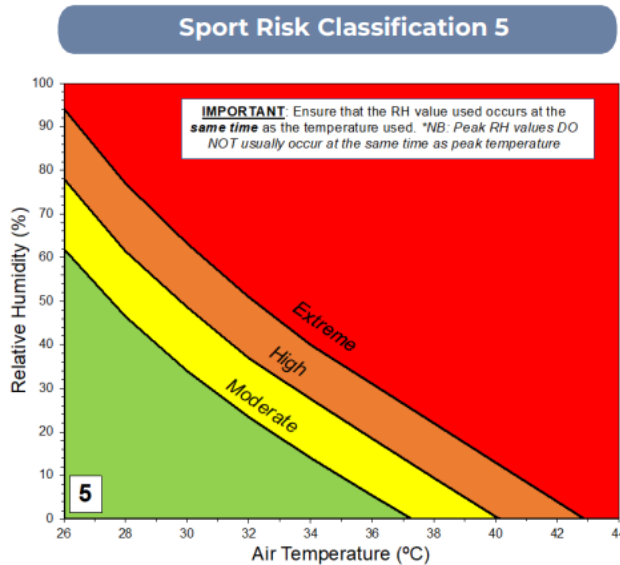
In all cases, coaches and club officials must make sure the following procedures are adhered to.

- *All players must have their own water bottle*
- *Clubs must have water on hand at each game to refill the players.*
- *Coaches and managers need to monitor the health and well-being of the players as well as ensuring parents are regularly applying sunscreen to their children.*
- *Coaches and managers must make sure their players are under shelter and keeping themselves hydrated when not on the diamond.*

2. Process

At 5 pm the day before competition, the TBAWA Carnival Committee shall:

- Visit <http://www.bom.gov.au/places/>
- Collect The Forecasted Air Temperature and Relative Humidity for the games suburb location for the various game times.
- Plot the figures on the Sports Risk Classification 5 Chart
- or use SU SMA Heat Calculator <https://sma-heat-policy.sydney.edu.au/> ensuring a Category 5 sport such as Field Hockey is chosen as the sport.
- Club Delegates, Club Presidents and Club Secretaries to be notified as soon as possible of the outcome and strategies to be employed via email as well as social media posts as appropriate.



3. Strategies

EXTREME: Games are to be cancelled and not played at these times. Games may be rescheduled only if practical and at the sole decision of the TBAWA Carnival Committee.

HIGH: Club teams must identify 2 Adults other than the Manager and Coach who have the sole responsibility to monitor the players' health and ensure the children are hydrated, kept cool and kept in the shade when not on the diamond for these games as well as to ensure the procedures in this policy are followed. Active cooling measures should be employed before, during and after games, such as

- Drinking cold fluids and/or ice slushies before exercise commences. Note that cold water and ice slushy ingestion during exercise is less effective for cooling
- Submerging arms/feet in cold water
- Water dousing – wetting your skin with cool water using a sponge or a spray bottle helps increase evaporation, which is the most effective cooling mechanism in the heat. Do NOT douse players' heads or hats with water
- Ice packs/towels – placing an ice pack or damp towel filled with crushed ice around your neck
- Electric (misting) fans – outdoor fans can help keep your body cool, especially when combined with a water misting system.
- TBAWA Committee will conduct spot checks to make sure these parents have been assigned within the team.
- Umpires are to waive the 1 minute changeover rule to allow players to hydrate between innings.
- Any reports of heat stress to the umpire are to be treated without question as an injury that incapacitates a player as per Rule 6.2(a).

Moderate and Low: Team Coaches and Managers are still to ensure this policy procedures are adhered to.