



## Stadium

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## Office

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## Contact

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## Hot Weather Policy

A reminder to all coaches and team managers that NABC adheres to the BSA hot weather policy. In instances of hot weather the following steps must be followed:-

### Coaches & Team Managers should:

- Ascertain if any players have known medical conditions which may be affected by heat
- Ensure that players take adequate fluid before, during and after training
- Be alert and react to any signs of distress or potential distress in players

In addition the following applies:-

**35 degrees or above** - on days where the predicted maximum temperature as published by the BoM for Adelaide is 35 degrees or higher all outdoor training will be CANCELLED.

Indoor training will be modified to include additional water breaks and modification of drills and their intensity.

**38 degrees or above** - training in non airconditioned venues or any outdoor training will be CANCELLED if the predicted maximum temperature as published by the BoM for Adelaide is 38 degrees or higher.

In venues that are airconditioned training will be modified to include additional water breaks and modification of drills and their intensity.

**42 degrees or above** - all training will be automatically cancelled if the predicted forecast for Adelaide on the BoM is 42 degrees or higher. This includes training at air-conditioned stadiums.

**No-one should ever feel as though they must train if they believe it is unsafe or they are feeling distressed.**

The link to the full BSA policy can be found here - [BSA Hot Weather Policy](#)