



ALA HEAT POLICY

Australian Lacrosse Association (ALA) has formulated this heat policy to minimise the risk of injury, illness and possible death in national lacrosse competition by assisting administrators, officials, coaches and participants to recognize and manage potentially dangerous situations. This document includes recommendations and procedures for hot conditions.

Recommendations and procedures for hot conditions

Background

There is scientific evidence which indicates that undertaking moderate to high intensity exercise in extreme heat is dangerous. The scientific evidence uses Wet Bulb Globe Temperature (WBGT) as the best measure of heat strain currently available. WBGT is not the same as air temperature; it accounts for levels of humidity, radiation, wind movement and air temperature.

The Bureau of Meteorology provides detailed information about temperature conditions (both ambient and WBGT) wind speed and relative humidity for many regions in Australia - <http://www.bom.gov.au>

The following procedures and recommendations will be implemented at all ALA nationally sanctioned events to minimize the risk of heat illness and injury. **These will be implemented by the event Co-ordinator, in conjunction with the ALA Director of Competition or the Director's proxy.**

1. Timing of Games

Where possible, matches should be scheduled to avoid hot conditions.

Where possible games should also be avoided between 11am and 6pm during the summer months. Where this is not possible, the hours between 11am and 3pm should be avoided.

2. Temperature during games including duration

Ambient Temperature (Celsius)	Outcome
Less than 25 degrees	Match played per normal conditions
26 degrees – 30 degrees	Time Out for water breaks at 7 mins each quarter (including break before overtime)
31 degrees – 35 degrees	Time Out for water break at 7 mins each quarter (including break before overtime). Increase quarter time to 7 mins, half time to 15 mins (in shade or air conditioning)
36 degrees (30 degrees WBGT)	Match postponed

The temperature should be measured with a standard thermometer in the middle of the ground 15 minutes prior to the commencement of the game. If the measured temperature is 36 degrees Celsius or higher the game will be postponed. The game will not commence unless the measured temperature is less than 36 degrees Celsius. The temperature should be checked at half time.

AUSTRALIAN LACROSSE ASSOCIATION LIMITED ACN 124 440 124

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