



# SACA

## School Cricket



### Hot Weather Policy

#### Hot Weather Policy (as per Cricket Australia Junior Cricket Policy):

For Saturday morning cricket: If the forecast temperature for Saturday is 38 degrees or over in the Friday edition of *The Advertiser*, all games will be cancelled.

For Friday afternoon cricket: If the forecast temperature for Friday is 38 degrees or over in the Thursday edition of *The Advertiser*, all games will be cancelled.

Fortunately the majority of junior cricket matches are normally played before or after the hottest part of the day. However, player's health must always be considered in the scheduling of matches. Cricket Australia and the SACA both recommend that schools apply common sense guidelines to climatic conditions.

#### School Hot Weather Policies:

The above Hot Weather Policy has been put into place in consultation with, Cricket Australia, SACA and Cancer Council Australia.

**If schools would like to cancel a game at a lower temperature, to align with their own school policy, then it is the responsibility of those schools to make contact with their opposition.**

#### Guidelines for Fluid Replacement:

Drinks breaks should occur every 30 - 60 minutes (every 30 minutes in extreme heat). Water is the most appropriate drink for re hydration. Players should have their own drink bottles. To prevent the likelihood of viruses being spread, cups must not be dipped into containers and must be washed or disposed of after use.

#### Sun Protection:

Appropriate clothing, i.e. light coloured, loose fitting clothes of natural fibres are the most appropriate clothing in mild and extreme temperatures. It is also highly recommended that players wear a broad brimmed hat; that shaded areas are made available at grounds (sit under trees, umbrellas); that sunscreen with an SPF 30+ is made available; and that players wear long sleeved shirts.

**Tips for Hot Weather:**

To help young players get through hot conditions, coaches may schedule more drinks breaks, have fielders rotate off the ground, retire batters earlier, reduce the number of over in an innings, have drink bottles or water sprays with the umpires at all times and start the game as early as possible.