



# **Pickleball Australia** Association

## **Hot Weather Policy**

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## 1. Purpose

Pickleball Australia Association recognises the potential risks associated with hot weather during pickleball events and aims to establish appropriate policies and procedures to ensure the safety and well-being of players, officials, coaching staff, and spectators.

The objectives of this Hot Weather Policy (Policy) are to:

- (a) Protect the health, safety, and well-being of individuals participating in pickleball activities.
- (b) Ensure that pickleball venues are safe for play, spectating, and officiating.
- (c) Provide clear guidelines for organisers to manage hot weather conditions during pickleball events.

## 2. Scope

This policy applies to all Pickleball Australia Association sanctioned pickleball events, excluding any international events, which may have their own hot weather policies.

## 3. Heat & Thermal Comfort

The Pickleball Australia Hot Weather Policy aims to provide evidence-based guidance, drawing upon the principles outlined in the ['Sports Medicine Australia Hot Weather Guidelines'](#). Pickleball falls into Category 3 risk for assessing temperature conditions.

In addition to temperature thresholds, consider implementing additional measures for Hot heat, such as:

- (a) Providing shaded areas for players and spectators.
- (b) Allowing more frequent breaks during matches.
- (c) Encouraging players to wear appropriate sun protection, including hats and sunscreen.

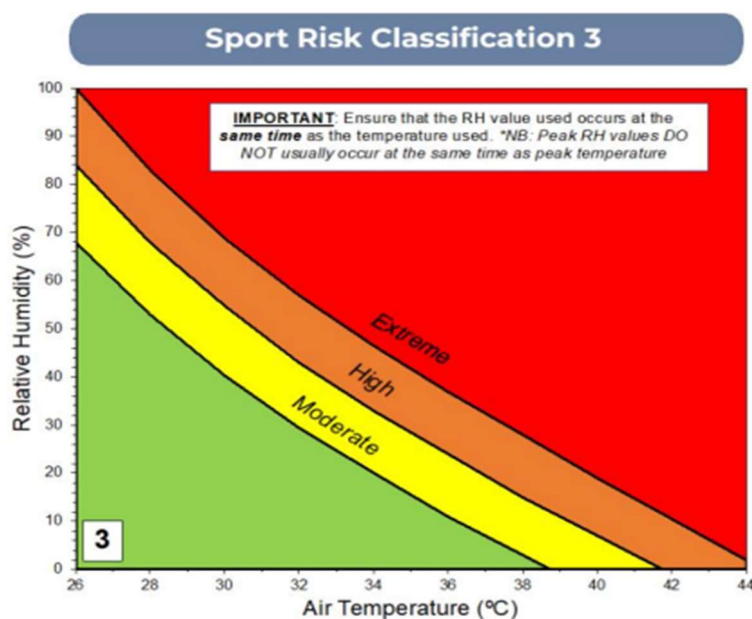
### 3.1 Using Hot Weather Policy

To obtain a forecast of temperature and humidity for the upcoming 72 hours:

- Visit: <http://www.bom.gov.au/places/> and enter your location/post code.
- Click on: "DETAILED 3-HOURLY FORECAST"
- Select the specific day/date of enquiry
- Identify the column with the nearest time to the planned competition/practice
- Note the "Air Temperature (°C)" value
- AND IN THE SAME COLUMN, note the concurrent "Relative Humidity (%)" value found towards the bottom of the entry for that date.

### 3.2 Sport Risk Classification Chart

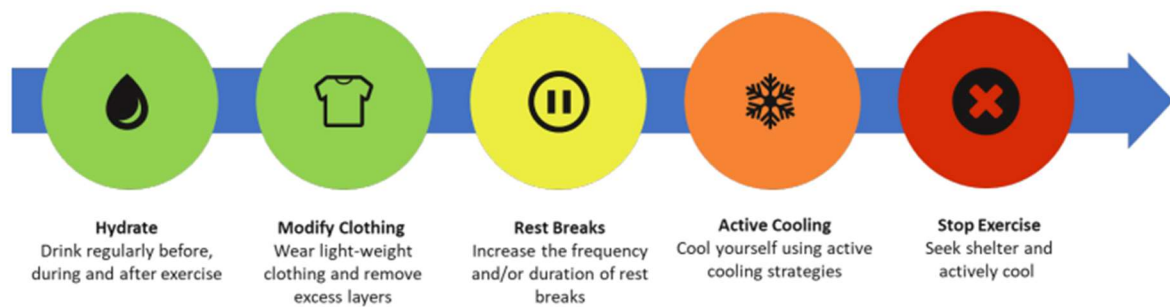
Once the Air Temperature and Relative Humidity at the event location has been obtained, the combined Air Temperature (x-axis) and Relative Humidity (y-axis) should be plotted on the Sport Risk Classification 3 chart. The point of intersection of these two values will subsequently fall within one of the 4 coloured zones indicating a given level of heat stress risk.



**GREEN:** Low Risk    **YELLOW:** Moderate Risk

**ORANGE:** High Risk    **RED:** Extreme Risk

## AT A GLANCE – MITIGATING HEAT STRESS RISK



**All activities must be suspended if temperature falls into the Extreme Zone.**

OPTIONAL LINK: Please follow this link for assistance in interpreting the hot weather chart: [Hot Weather Chart Interpretation](#). This resource provides valuable information to help understand and implement the necessary precautions during elevated temperatures.

## 4. Indoor Events Temperature Thresholds

Pickleball Australia Hot Weather Policy extends to indoor events. Regardless of the venue, we recognise that Hot temperatures can pose challenges to health and comfort. Event organisers are urged to monitor the indoor environment diligently and take necessary steps to ensure the comfort of participants. If conditions warrant, proactive measures should be implemented to maintain a safe and suitable atmosphere for all attendees. All indoor activities must be suspended when ambient temperature reaches the below thresholds:

Division	Ambient Temperature
Players Under 16	> 36.0 C
Over 16	> 38.0 C
Over 65	> 36.0 C
Wheelchair Tournaments	> 36.0 C

## 5. Authority of The Tournament Director

Tournament Director has the authority to suspend events at any point if weather conditions pose a significant risk to participants' well-being. This authority extends to any circumstance where Tournament Director determines that participant safety could be compromised, beyond specific temperature considerations.

## 7. Recommendation for General/Recreational Play

We strongly recommend that all participants engaged in general/recreational pickleball play adhere to the guidelines outlined in this Hot Weather Policy. These measures are designed to ensure the safety and well-being of players, regardless of the level of play, and promote an enjoyable experience for everyone involved. Stay informed, stay safe, and enjoy the game responsibly.

## 8. Policy Review

This Policy will undergo regular reviews to ensure its effectiveness in addressing the evolving needs of pickleball events.