



# TOORAK BASKETBALL CLUB INCORPORATED

## Heat and Air Quality Policy

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Version	01
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### 1. Heat Policy

Toorak Basketball Club recognises and follows the Basketball Victoria Climate Policy, and its guidelines:

- Once the temperature on the court reaches 30 degrees, the stadium manager may consider implementing the heat policy.
- Once the court temperature reaches 35 degrees, it is compulsory for the heat policy to be implemented.
- Once the court temperature reaches 40 degrees all games are to be called off – at this point the VJBL emergency line must be called by the Stadium Manager before the final decision is made.

The Club extends these guidelines to all training activities, such that:

- Once the temperature on the court/training venue reaches 30 degrees, coach/team manager may consider implementing the heat policy.
- Once the court/training venue temperature reaches 35 degrees, it is compulsory for the heat policy to be implemented.
- Once the court/training venue temperature reaches 40 degrees all activities are to be called off .

When our Heat Policy is activated the following are required:

- Full knowledge of availability of first aid equipment and first aid and medical personnel is accessible by all persons attending;
- Coaches/Team Managers and other officials are aware of the symptoms of heat stress and are instructed to be on the alert to notice any such symptoms;
- Coaches/Team Managers are instructed to initiate regular extra breaks during the game and to shorten the training if necessary;
- Players are made aware of the need to hydrate regularly before and after the game and that facilities are available for them to do so;



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## Heat and Air Quality Policy

The follow table highlights the symptoms of heat stress:

	Heat Exhaustion / Syncope	Exertional Heat Stroke (EHS)
<b>Symptoms (what the person might feel)</b>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Dizziness</li> <li>• Weakness</li> <li>• Nausea</li> <li>• Vomiting</li> </ul>	<ul style="list-style-type: none"> <li>• Brain symptoms including:               <ul style="list-style-type: none"> <li>◦ Confusion</li> <li>◦ Agitation</li> </ul> </li> <li>• Symptoms can develop rapidly</li> <li>• EHS is a medical emergency</li> </ul>
<b>Signs (what you might see)</b>	<ul style="list-style-type: none"> <li>• Fainting</li> <li>• Increased Heart rate</li> <li>• Lower Blood pressure</li> <li>• Core temperature usually &lt; 40°C –</li> <li>• Absence of brain symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Brain symptoms including:               <ul style="list-style-type: none"> <li>◦ Confusion</li> <li>◦ Unsteadiness</li> <li>◦ Aggressive or irrational behaviour</li> <li>◦ Altered level of consciousness, seizures, coma</li> </ul> </li> <li>• Increased Heart rate, Increased breathing rate, Lower blood pressure</li> <li>• Core temperature usually &gt; 40°C</li> </ul>
<b>Immediate management</b>	<ul style="list-style-type: none"> <li>• Move to shade and cool</li> <li>• Remove as much clothing as possible</li> <li>• Remove protective equipment (e.g. helmet, pads)</li> <li>• Apply lots of water to skin</li> <li>• Oral Fluids</li> <li>• Lie on back with legs elevated</li> <li>• Watch for worsening</li> </ul>	<ul style="list-style-type: none"> <li>• ABC (airways, breathing, circulation)</li> <li>• Aggressively cool the body with ice and water</li> <li>• Call ambulance</li> <li>• Continue cooling while transfer to hospital * Cool first, transport second *</li> </ul>



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### 2. Air Quality Policy

Toorak Basketball Club takes player safety and well-being seriously and has developed a policy for coaches, parents, team managers and officials on training and activities.

#### 2.1 What is the Air Quality Index?

The Air Quality Index (AQI) is an index for reporting daily and hourly air quality. The AQI is a quick and easy tool to inform you about:

- Air pollution levels at your nearest monitoring site or region
- Specific information for people more at risk from exposure to short-term air pollution
- Simple steps to take to protect yourself

The AQI does not provide guidance on the effects of long-term exposure to air pollution.

AQI can be monitored via the EPA website:

<https://www.epa.vic.gov.au/for-community/airwatch>

The Club policy is based on AQI, such that:

AQI Category	Description	Air Quality Policy
Good	<ul style="list-style-type: none"> <li>• Clear</li> </ul>	<ul style="list-style-type: none"> <li>• No Action Required</li> </ul>
Fair	<ul style="list-style-type: none"> <li>• The air quality is okay, but it could change soon</li> </ul>	
Poor	<ul style="list-style-type: none"> <li>• The air is probably dusty or smoky</li> </ul>	<ul style="list-style-type: none"> <li>• Consideration be given to suspending or cancelling outdoor events or training.</li> <li>• Warnings should be issued to players and parents, that the conditions may pose a health hazard, particularly to those with respiratory or cardiovascular conditions.</li> </ul>
Very Poor	<ul style="list-style-type: none"> <li>• The air is probably very dusty or smoky.</li> </ul>	
Extremely Poor	<ul style="list-style-type: none"> <li>• The air is probably extremely dusty or smoky.</li> </ul>	<ul style="list-style-type: none"> <li>• All Outdoor training/activities cancelled</li> <li>• Indoor training/activities recommended to be cancelled but can be subject to air quality in the</li> </ul>



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stadium/facility (by the coach or team manager)

For more information on AQI category ratings, please refer:

<https://www.epa.vic.gov.au/for-community/monitoring-your-environment/about-epa-airwatch/air-quality-categories>