



Hot Weather Policy
Version: January 2021

Revision History:

Revision Date	Version No	Comments
2010	1.0	Initial version created
24/4/2013	2.0	Version expanded to provide policy and guidelines
26/7/2014	3.0	Version to consolidate in standard format
18/2/2015	4.0	Minor changes to wording
July 2016	5.0	Reformatted with no content change
March 2019	6.0	Additional provisions
January 2021	6.1	Reviewed with minor changes made

Introduction.....	4
Scope	4
General Policy.....	4
Policy Application	4
TTSA hosted national and major events	4
TTSA and Affiliate tournaments (sanctioned, open / closed and internal)	5
TTSA and Affiliate competitions	5
TTSA and Affiliate coaching and training sessions	5
Other scheduled or coordinated Table Tennis activity	5
Other provisions	5
Exclusions and Liability	5
Policy Review	6
Appendix A – Hot Weather Guidelines	7

Introduction

- 1.0 The health and well-being of all those involved in playing, coaching, officiating or administrating Table Tennis is a priority issue for Table Tennis SA Inc. (TTSA).

TTSA acknowledges that Heat Stress injury can occur but is preventable. TTSA will promote and encourage appropriate modified behaviour and in extreme situations will cancel events where it feels safety of participants is at serious risk.

Scope

- 2.0 This policy impacts all Table Tennis activity conducted by TTSA and Affiliates. While not exhaustive, the scope of this policy includes;

- TTSA hosted national and major events,
- TTSA and Affiliate tournaments (sanctioned, open / closed and internal),
- TTSA and Affiliate competitions,
- TTSA and Affiliate coaching and training sessions, and
- Other scheduled or coordinated TTSA or Affiliate Table Tennis activity for which there is an expected attendance commitment.

General Policy

- 3.0 With the focus on 36 degrees celcius(c), the following shall apply in respect to Table Tennis environments;

- 3.0.1 In respect to non-air conditioned environments, cancel or reschedule the tournament, competition or other lengthy day Table Tennis activity if the forecast temperature for the day 2 hours prior to commencement of the day's activity is advertised to be 36°C or higher.

For the purpose of assessing the forecast temperature, the SA Bureau of Meteorology (BOM) shall be the reference source in respect to the suburb / town location at which the Table Tennis activity is to be held.

- 3.0.2 Cancel or reschedule tournaments, competitions and other Table Tennis activities if the temperature at the venue reaches or exceeds 36°C during the course of the activity for a 30-minute continuous period.

In respect to tournaments, the Referee, or in the absence of a Referee, the Tournament Organiser shall be responsible for determining and implementing this requirement.

- 3.1 Where the BOM temperature is 40-degree celcius (40°C) or greater 2 hours prior to the commencement of a tournament, competition or other commitment in an air-conditioned environment, that session will be postponed or cancelled. Competitors will not be expected to come out in such extreme heat, regardless of the comfort available in the Table Tennis venue.

Policy Application

- 4.0 This Policy shall be applied in the following manner;

TTSA hosted national and major events

- 4.0.1 Unless in contradiction of any TTA policy governing Table Tennis activity during hot weather, this policy will apply to any national event staged in South Australia. Similarly, this policy will apply to major events (eg Master's Games) unless in contradiction to the governing bodies policies.

TTSA and Affiliate tournaments (sanctioned, open / closed and internal)

- 4.0.2 Organisers should ensure athletes are made aware one way or another that a tournament will not be conducted where 2.0.1 applies at the geographical location at which the event is to be held. Similarly, tournament organisers have a responsibility to monitor the temperature during the course of the activity in line with 2.0.2.

TTSA and Affiliate competitions

- 4.0.3 This policy shall apply to both TTSA and Affiliate conducted competitions in respect to cancelling, postponing or suspending play in line with 2.0.1 and the monitoring of temperatures in line with 2.0.2

It is recognised that many competitions are staged in the evening when the temperature may have dropped compared to the forecast maximum temperature for the day. Geographical and environmental factors will dictate if appropriate to proceed with evening activities. This decision needs to be managed as part of the rules of the competition, recognising however that 2.0.2 will automatically apply when appropriate.

TTSA and Affiliate coaching and training sessions

- 4.0.4 Coaches and organisers need to manage (re-schedule or cancel) coaching and training sessions in line with the requirements of this policy.

Other scheduled or coordinated Table Tennis activity

- 4.0.5 Where a scheduled or coordinated Table Tennis activity consists of a physical component, either the activity shall be postponed or cancelled or the nature of the activity shall be modified to remove the physical component. It is not intended that this policy impacts social events and similar (eg club barbecue).

Other provisions

- 4.0.6 TTSA and Affiliates will strategically place the "Beat the Heat" fact sheets and TTSA's Hot Weather Policy within Table Tennis venues.
- 4.0.7 Table Tennis SA will ensure the Hot Weather Policy is available on the TTSA website and distributed to Affiliates and any update is circulated and published to the web in a timely manner.
- 4.0.8 Organisers will ensure entry forms associated with a sanctioned or other affiliate tournament is appropriately endorsed identifying the event is subject to the TTSA Hot Weather Policy and Guidelines.

Exclusions and Liability

- 5.0 This policy (other than at 2.1) does not apply to sanctioned tournaments, competitions, coaching, training or other Table Tennis activity that is held in air-conditioned venues and the environment is less than 36°C during the period of the activity.

This policy does not apply to activities such as social play, public practice sessions and other such Table Tennis activity for which there is no commitment on participants to attend. However, organisers need to monitor the venue temperature and apply the requirements of 2.02 should it be necessary.

- 5.1 During the summer months, organisers of tournaments and competitions are to make participants aware of the risks of playing in extreme temperatures and should draw participants attention to the TTSA Hot Weather Policy and Guidelines and ways in which to manage heat.

- 5.2 If a TTSA or Affiliate event is cancelled or rescheduled as a consequence of the application of this policy, TTSA, its Board, Members and servants will not be held liable for any associated impact and expense.

Policy Review

- 6.0 This policy will be reviewed at least every three (3) years.

Appendix A – Hot Weather Guidelines

Introduction

Vigorous exercise, such as Table Tennis, places some people at risk of heat illness, especially in hot weather. If untreated, heat illness can lead to the more serious and potentially life-threatening condition of heat stroke. By understanding the causes of heat illness health professionals, coaches, athletes and anyone involved in sport or physical activity can help prevent heat illness by using the advice provided in the Guidelines to minimise the risks promoted by Sports Medicine Australia.

Most of the advice involves simple rules of common sense. Listen to your body and stop or slow down if you feel unwell. This is particularly important for children. Make sure that you have access to cool drinking water, and take particular care in the hottest parts of the day or year.

Advice to tournament organisers

During summer months when staging tournaments, develop entry forms, event management and timings in a way which is not taxing but considerate of player health and well being. This may include not having round robin groups and additional events and providing relaxed timings and catering for 5 minute breaks.

Encourage athletes to take the maximum 1-minute rest period permitted between games.

Where athletes compete in 2 consecutive matches, introduce a rest period of up to 5 minutes between matches.

Prior to the commencement of play for the day, reinforce measures athletes should take to minimize the impact of heat exhaustion.

Advice to athletes

Drink sufficient water in the hours prior to playing sport and hydrate regularly during the course of the activity.

Maintain a good level of personal fitness in summer months.

In accordance with the rules of Table Tennis, make full use of the minute break between games of Table Tennis and the time-out rule. In accordance with this policy, seek to have a 5 minute break when required to play consecutive Table Tennis matches.

Advice to coaches

In addition to complying with this policy, when coordinating coaching and training sessions and alternative fitness activities, coaches should be familiar with individual player health data which may impact activity during hot weather.

During the summer months it is recommended coaches ensure alternative activities are planned should heat necessitate cancelling / postponing scheduled activity.

Other considerations

Athletes 15 years or younger and Table Tennis participants over 65 years should make themselves aware of the increased risks and in turn take extra precaution when playing Table Tennis in higher temperatures.

References

Sport Medicine Australia's fact sheet "Beat the Heat".