



South West Metropolitan
Junior Cricket Council

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SOUTH WEST METROPOLITAN JUNIOR CRICKET COUNCIL

HEAT POLICY

The Heat Policies for Junior / Master Blaster, all Stage Formats and competitions in the South West Metropolitan Junior Cricket Council (**SWMJCC**) are set out below. You can find a full set of rules for all competitions on the SWMJCC website, under 'Competition Info' and 'Rules'.

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, Community Junior Cricket Council (**CJCC**) and the SWMJCC all recommend that clubs apply common sense guidelines to climatic conditions.

Any fixture that is **abandoned or cancelled** by the SWMJCC Executive will be registered as a draw in My Cricket.

Heat Policy for Junior and Master Blaster

If clubs would like to cancel a session at a lower temperature than 34 degrees, to align with their own club policy, then it is the responsibility of those clubs to make contact with their parents.

Drinks breaks should occur every 15 – 20 minutes. 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.

Heat Policy for All Stages and Other Age Group Competitions

In the case of extreme heat (forecast or actual), the SWMJCC Executive reserves the right to cancel or abandon any games. In cases of temperatures in excess of 32 degrees, the umpires must determine in good faith whether to proceed with, or delay, the match, such decision to be made having regard to all relevant circumstances with the welfare of the players being of the utmost importance.

Umpires, coaches and managers must familiarise themselves with Cricket Australia's **Heat Safety and Legal Guidelines**, and apply. Coaches and

managers should also ensure all players are well hydrated before the game, sunscreen applied and appropriate head wear is worn.

Where the temperature exceeds 32 degrees, 2-minute drink breaks should be taken every forty (40) minute. Without limiting the foregoing, the following is provided as a guideline only (it being noted that all relevant circumstances must be assessed at the ground, including heat, age of players, humidity, level of exertion etc.).

In the ordinary course, play should continue if the temperature is below 34 degrees. Between 34 degrees and 38 degrees' play may continue unless considered by the umpires acting reasonably to be contrary to the welfare of the players. **Play will be called off immediately if the temperature is above 38 degrees.**

Safety & Health Regulations:

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+ (min) or 50+ preferably water resistant is made available; and that players are recommended to wear long sleeved shirts. This is not compulsory and is a club and individual choice.

Tips for Hot Weather

- Ensure that all players are hydrated tonight. Minimum of 2L - 4L water in preparation for the game;
- Umpires are to be fully looked after at all times during the game;
- Remember "No Hat, No Play!!!" (preferably wide brimmed hat) and wear sunscreen at all times; and
- Suggest Icy Poles and adequate water be provided to players at breaks.

A point to note from our past monitoring of temperatures the hottest grounds in the SWMJCC are usually in Jandakot and Troy Park.