



VICTORIAN SUB-DISTRICT CRICKET ASSOCIATION Inc. EXTREME WEATHER GUIDELINES

Background

The VSDCA Board understands that playing cricket in extreme heat is a danger to participants, including players, officials and spectators. In recognition of this, the Board has developed these Guidelines to be adopted to reduce the likelihood of injuries and illness in those conditions.

The Board accepts that cricket is a game played during summer and that conditions of extreme heat are likely to be experienced and expected by participants.

The Association comprises four grades where the professionalism and standards of players and umpires vary considerably. Players, particularly in the lower grades may be quite young and umpires may be quite elderly. Another factor is that the J.G.Craig Under 15 competition is played over periods of up to four days without a rest day during the hottest part of the summer. Guidelines for this competition are issued separately.

It is also acknowledged that the weather and temperature conditions experienced at individual grounds throughout the playing areas of the Association can vary considerably. The standard of grounds and the grass cover also impact the comfort levels of the participants.

Umpires are appointed as independent referees to adjudicate on difficult matters during a game.

These Guidelines provide that there may be circumstances where umpires are required to make decisions which could directly determine which team or teams gain premiership points because of the intervention of extreme weather conditions.

No person is obliged to participate in any game and clubs shall place no pressure on any participant if he or she considers withdrawing from any part of a game for health reasons.

Guidelines:

1. General

The Board reserves the right to consider a full or partial cancellation of play in advance where extreme temperatures are forecast. Should this occur clubs & umpires will be notified by the Board.

Extreme Temperature Guidelines:

- Forecast Temperature 42 degrees and above play in all grades abandoned.
- Forecast Temperature 38 degrees and above play in 3rd & 4th XI abandoned.

On Match Day morning the Board may declare an "Extreme Weather Day" when these Guidelines must be adopted by participants. The Board will notify clubs and umpires by 10.00 am on match day of cancellation of play or declaration of "Extreme Weather Day" via SMS to nominated club representatives, the Association Webpage, Twitter, Facebook and Association "Extreme Weather Phone line".

On Extreme Weather Days, clubs shall monitor current temperatures via the 1196 weather information line on a half hourly basis. Should the current temperature reach 42 degrees (1st & 2nd XI) or 38 degrees (3rd & 4th XI) play shall be suspended immediately at that club's home ground. The temperature shall be monitored, play shall not resume until the temperature falls below 42 degrees (1st & 2nd XI), and below 38 degrees (3rd & 4th XI)

These Guidelines are designed to be interpreted in such a way that games will proceed, subject to umpires taking appropriate action to apply the Guidelines and alleviate the effects of extreme heat on all participants.

2. Shade

Clubs should provide shaded areas where the batting team, spectators and scorers can shelter.

3. Drinks

Umpires should allow additional drink breaks without concern as to the extra time taken beyond the scheduled playing time. Any participant may call for additional drinks at any time while batting, fielding or umpiring, although every effort should be taken to minimize delays when this occurs. For example, the drinks should be run onto the ground immediately at the conclusion of an over and batsmen must be ready to take strike with a minimum delay to the fielding team.

Bowlers may have drinks placed on the boundary line, which can be consumed during or at the completion of an over without disrupting play.

It is recommended that participants begin regular drinking routines using water or sports drinks before, during and after training and competition. These practices should become habitual.

The electrolyte content of some sports drinks consumed following activity may shorten the time taken to recover, particularly in well-trained young athletes who sweat considerably.

Individuals may want to monitor weight changes before and after workouts to determine the amount of fluid they are likely to require.

4. Sun Protection

Players are reminded of the need for frequent applications of sunscreen and the preference for long sleeved shirts to reduce exposure to the sun. Hats are an essential item and the wide brimmed style is recommended, particularly on sunny days.

5. Playing Times

Scheduled playing times may be changed by the Board and umpires may schedule a longer tea break and play additional make up time after the scheduled time for stumps. This is entirely at the umpires' discretion.

On a declared "Extreme Heat Day" if at any time umpires agree that the weather is not suitable for play, they shall inform the captains and shall suspend play or not allow play to commence or to restart, or to commence, or to restart play. (As per The Laws of Cricket Law 2.8)

6. Slow Play

When the required number of overs is not bowled within the scheduled time, umpires should show appropriate leniency where delays are reasonably due to extreme heat affecting either team.

7. Player Rotation

After notifying his captain and an umpire (if possible), a player may remove himself from the field at any time for reasons of heat stress.

A batsman who has left the field of play for reasons of heat stress may return at the fall of a wicket. The batting team will be all out if there are no remaining batsmen.

Where a fieldsman has left the field of play for reasons of heat stress, the fielding team may use a substitute after notifying an umpire. Fieldsmen may return at the conclusion of any over. In accordance with the Laws of Cricket, the fieldsman may not bowl immediately on his return, where he has been absent from the field for a period of more than 15 minutes.

Captains, coaches and managers should consider a participant's age, level of fitness and weight when supervising training or playing activities.

8. Umpires

Where an umpire feels that his health or judgement may suffer because of the exposure to heat, he may take a break from his duties, after arranging an appropriate substitute. The appropriate substitute will depend on the circumstances of the match in which he is officiating, but it is likely to involve requiring the other appointed umpire to officiate at both ends and a club official or player to stand at square leg. If the affected umpire is the only official (or club umpire), it will be necessary for an experienced club official or player to officiate.

Where two games are being conducted in close proximity, it may be possible to use an official umpire from another game, without detracting from the independence of the standing umpires.

9. Illness and Treatment

Club first aid kits must include aids for the treatment of heat affected participants. Every endeavour should be made to have a club member, who is properly skilled in the treatment of heat affected people, at home games.

A notice should be prominently included in or displayed near the first aid kit, explaining the treatment of heat affected patients.

Symptoms of heat illness may include:

- Light headedness, dizziness
- Nausea
- Obvious fatigue
- Cessation of sweating
- Obvious loss of skill and co-ordination/clumsiness/unsteadiness
- Confusion
- Aggressive or irrational behaviour
- Altered consciousness
- Collapse
- Ashen pale grey skin

Serious heat illness in sport presents as heat exhaustion or heat stroke. Heat exhaustion is the more common sports related heat illness. Heat stroke is rare, but is a life threatening condition.

The following action should be taken in cases of heat illness:

- Remove from the field and lay the person down in a cool place
- Raise legs and pelvis to improve blood pressure remove excess clothing
- Cool by wetting skin liberally and vigorous fanning (evaporative cooling) apply ice packs to groin, arm pits and neck
- Give cool water if conscious

Persons suffering from heat exhaustion usually recover rapidly with this assistance.

If the patient remains seriously ill, confused, vomiting or shows signs of altered consciousness call an ambulance immediately and seek medical help. If in doubt, treat for heat stroke. In that case:

If available, cool in a shallow canvas/plastic bath of iced water (5 – 10 minutes) if necessary, cooling should continue during removal to hospital

10. Lightning

Where an umpire believes that lightning poses a threat to the safety of participants, play must be suspended and safe shelter taken.

Suspension and resumption of play should follow the '30/30' rule. Play should cease immediately when flash to bang count is 30 seconds, as this indicates that lightning is 10km away, and there is a significant possibility that the next lightning strike could be much closer to the vicinity of play.

The umpires should suspend play and players moved to safe shelter areas. Play should not resume until 30 minutes following the last lightning strike.

Where a game has been suspended and the scheduled time for the cessation of play is reached, the game is abandoned.