



With the arrival of the Summer Season comes the onset of hot weather and on some playing days, extremely hot weather. It is with these days in mind that the Knox Basketball Inc., has introduced (Summer Season 2000 – 2001) an Extreme Heat Policy to provide guidance to Clubs, Coaches, Parents and Players on the best approach to ensure a safe playing environment.

With sense participants can cope with extremely hot summer days. A common sense approach would see Coaches rotating Players to ensure a full rest break each half, the full utilisation of time outs to ensure Players take drinks and short rest breaks and a balanced approach to the tempo of the game (i.e. man to man defence commences in the back court rather than a full court approach).

Parents should ensure players have adequate water available before, during and after the game and should monitor the condition of their child for any signs of distress during the game. Optional extras may well include the use of wet towels, ice packs, cold flannels, battery powered hand fans, etc.

Under new Basketball Victoria by-laws the courtside temperature will be measured prior to the commencement of each game. Where the temperature has reached 35C the following playing conditions must be implemented.

The playing conditions when the courtside temperature has reached 35C will be amended to include a Mandatory Time Out which will be called by Referees at or immediately after the 8 minute mark of each half of the game regardless of the number of timeouts used by Coaches. While Coaches can take advantage of the time out to talk to players the timeout is essentially designed to be used as a drinks break for both Players and Referees.

Where a Player has any special medical conditions Parents should take professional advice concerning their child's participation. Unless medical advice prohibits the Player participating in hot weather players are encouraged to play so as to avoid the remaining Team Members having to increase their playing time.

We hope that we experience very few days of extreme heat during the summer seasons but, where we do, that the policy is applied by all to ensure that our Players experience the minimal level of discomfort during their playing careers.