

Australian Cricket

Community Cricket Playing in the Heat Guidelines

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AUSTRALIAN CRICKET COMMUNITY CRICKET PLAYING IN THE HEAT GUIDELINES



This document is aimed at providing community cricket organisers with a scientific method of managing cricket in extreme heat conditions.

Clubs are encouraged to print **Appendix 1** of this document and display in prominent areas of the club including player changing rooms as a summary of this Guideline document that is easily accessible.

1 SCOPE

This Guideline provides guidance to all players and umpires (**Participants**) involved in any organised community (that is, non-professional cricket including Premier Cricket) cricket competitions, matches or training (collectively, **Community Cricket**).

2 RELATED DOCUMENTS

The Australian Cricket Community (**AC**) Cricket Guidelines are based on the AC Heat Policy for elite cricket. The AC Heat Policy for elite cricket is available on request for Cricket Australia (**CA**) Head of Sports Science Sports Medicine.

3 HEAT STRESS RISK INDEX (HSRI)

The cricket specific HSRI tool has been developed specifically by CA to be used in determining the heat stress risk to Participants in Community Cricket. The HSRI tool is available at **CA's PlayCricket** website:

<https://play.cricket.com.au/community/clubs/>

Calculation of the HSRI

The following key values are needed to calculate the HSRI:

- air temperature in the shade (°C);
- wind speed (in km/h);
- relative humidity (%);
- sun exposure (clear sky, partly cloudy, overcast or night)

Air temperature, wind speed and relative humidity can be obtained from credible online weather data sources. CA recommend locating the weather station closest to the ground via the Bureau of *Meteorology* (BOM) (<http://www.bom.gov.au>) and using those data.

Sun exposure (also known as **sun radiation**) is determined by the person entering the data into the HSRI by observing for one of the four available options (**clear sky, partly cloudy, overcast & night**).

There are separate HSRI tools for adult and underage competitions, and can be found on the CA PlayCricket website:

<https://play.cricket.com.au/community/clubs/>

4 HEAT STRESS PROTOCOL

Club Representatives (any person appointed by the club), Tournament Organisers (local association officials) or Match Officials (umpires or referees) should be responsible for applying the Heat Stress Protocol.

Matches

- **Pre-Match:** the day before, or morning of a game, check the forecasted HSRI and plan for appropriately (see recommended Heat Stress Management Interventions below in Section 5).
- **During the match:** If weather conditions are expected to be 4 or higher on the HSRI, regular (possibly hourly) HSRI measures should be performed and the recommended in Heat Stress Management Interventions outlined below.

Training Sessions

The HSRI Tool should be used to guide how training sessions must be managed in hot conditions with sessions suspended, cancelled or delayed if (or while) the HSRI is at 10 or above. Training sessions can be recommenced once the HSRI is below 10 if the appropriate interventions in Section 5 can be implemented.

5 HEAT STRESS MANAGEMENT INTERVENTIONS

- HSRI rating is between 0 to 3 (inclusive):** conditions not extreme, manage heat as usual (drinks, wear hats, long sleeve shirts, apply sunscreen etc).
- HSRI rating is between 4 to 7 (inclusive):** consider extra, or more regular, drink breaks (e.g. every 20-30 mins).

Once HSRI is >5 be extra vigilant in monitoring Participants that exhibit signs of heat stress illness such as muscle cramping, dizziness, excessive fatigue etc.

- HSRI rating is between 8 to 10 (inclusive):** have longer drinks breaks to allow Participants to come off the field to cool down and rehydrate for an extended period (e.g. 15-30 mins).

- iv. **HSRI rating is above 10:** matches must be suspended until conditions have improved (<10) for a minimum 30 minutes before a match can recommence. If the HSRI does not improve (<10) then the match must be abandoned.

Note: Implementation of the Heat Stress Management Interventions must take a common-sense approach and are provided by way of guidance. In situations when there is concern for Participants welfare due to heat, consider implementing the strategies outlined above, regardless of the HSRI.

If the weather data is **NOT** available to calculate the HSRI, the Match Officials, Tournament Organisers and Club Representatives should make a common-sense decision about the likelihood of heat stress illness and apply the Heat Stress Management Interventions outlined above (e.g. if the temperature is very high and / or very humid then suspend play).

6 JUNIOR PARTICIPANTS

Junior and adolescent players are at a higher risk of heat illness, compared to adult and elite players. As such a more conservative approach to playing in the heat is required for those under the age of 18 years of age, especially the very young players.

As such, Cricket Australia has developed a HSRI tool specifically for the junior participants. The **Pathway HSRI** tool should be used in matches, tournaments and training sessions involving players under the age of 18.

<https://resources.playcommunity.pulselive.com/playcommunity/document/2023/08/22/b2233054-e95c-4150-8190-85a37b5d2b80/Australian-Cricket-HSRI-Tool-Pathway.xlsx>

7 REVIEW OF HEAT GUIDELINES

This AC Playing in the Heat Guidelines will be reviewed annually by CA.

Any feedback should be directed to the Cricket Australia Head of Sports Science and Sports Medicine (***Alex.Kountouris@cricket.com.au***).

Appendix 1

COMMUNITY CRICKET PLAYING IN HEAT GUIDELINES: KEY WEBSITES, DOCUMENTS AND INTERVENTIONS

Heat Stress Risk Tools (HSRI):

<https://play.cricket.com.au/community/clubs/>

Bureau of Meteorology

<http://www.bom.gov.au>

WHAT TO DO WHEN THE HSRI RATING IS:

Between 0 to 3 (inclusive): conditions not extreme, manage heat as usual (drinks, wear hats, long sleeve shirts, apply sunscreen etc).

Between 4 to 7 (inclusive): consider extra, or more regular, drink breaks (e.g. every 20-30 mins). Once HSRI is >5 be extra vigilant in monitoring Participants that exhibit signs of heat stress illness such as muscle cramping, dizziness, excessive fatigue etc.

Between 8 to 10 (inclusive): have longer drinks breaks to allow Participants to come off the field to cool down and rehydrate for an extended period (e.g. 15-30 mins).

Above 10: matches must be suspended until conditions have improved (<10) for a minimum 30 minutes, before a match can recommence. If the HSRI does not improve (<10) then the match must be abandoned.