



## HEAT POLICY

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### Coaches please note:

- You are entitled to two time outs each half, as well as the referees timeout, please ensure you use these timeouts to allow players to rest and hydrate.
- Please rotate players as much as possible to ensure each player receives adequate time off the court.
- Take extra care if it looks as though any of your players are displaying symptoms of heat exhaustion, heat stress etc.

### Players and parents please note:

- Please ensure you have ample water/drinks available to you, it is important to stay hydrated **before** you become thirsty.
- Be aware of the symptoms of heat exhaustion and heat stress, and take appropriate steps if you/another team member exhibits these symptoms.
- Understand your own needs in the extreme heat, and be mindful of the comfort and health of those around you.