

Australian Cricket

# Community Cricket Playing in the Heat Guidelines

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# AUSTRALIAN CRICKET COMMUNITY CRICKET PLAYING IN THE HEAT GUIDELINES



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## INTRODUCTION

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

### 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

Australian Cricket Heat Policy for elite cricket. Available on request for Cricket Australian Sports Science Sports Medicine Manager and via the MyCricket website <https://www.community.cricket.com.au/clubs/policies/matchday-policies-and-guidelines>

### 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 on the MyCricket website and in Appendix 1 of this document.

<https://www.community.cricket.com.au/clubs/policies/matchday-policies-and-guidelines>

#### 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 radiation (clear sky, partly cloudy, overcast or night)

Air temperature, wind speed and relative humidity can be obtained from credible weather data sources. We recommend the following weather sources (use the weather station closest to the ground):

- Bureau of *Meteorology* (BOM) (<http://www.bom.gov.au>).

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 following website: MyCricket Website

<https://www.community.cricket.com.au/clubs/policies/matchday-policies-and-guidelines>

## 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).
- **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 should be managed in hot conditions. Consider suspending, cancelling or delaying training sessions if the HSRI is >10.

## 5 HEAT STRESS MANAGEMENT INTERVENTIONS

- i. **HSRI rating is between 0 to 3** (inclusive): conditions not extreme, manage heat as usual (drinks, wear hats, long sleeve shirts, apply sunscreen etc).
- ii. **HSRI rating is between 4 to 7** (inclusive): consider extra, or more regular, drinks 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.

- iii. **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 (e.g. 15-20 mins).

- iv. **HSRI rating is above 10:** consideration to suspend or abandon the match until conditions have improved (<10)

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 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.

## 7 REVIEW OF HEAT GUIDELINES

This AC Playing in the Heat Guidelines will be reviewed annually by Cricket Australia

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

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## **APPENDIX 1 – HEAT STRESS RISK INDEX TOOL**

Double click on the link below and enter values for temperature, humidity, wind, sun radiation and month to observe the Heat Stress Risk.



CA HSRI Tool  
Community Level.xls