



NT BADMINTON ASSOC INC

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HOT WEATHER POLICY

Scope

This policy applies to members of the NT Badminton Association Inc (NTBA), visitors and to members of member associations.

Background

The Northern Territory has a tropical climate in the north and an arid climate in the south. During the wet season (summer) temperatures can reach 36°-37° in the shade and 40°plus in Central Australia.

In the *Top End*, high summer (about November through to February) temperatures are combined with high humidity which reduces the effectiveness of sweating, the body's natural cooling mechanism. Strenuous exercise can be **dangerous** in such conditions, **especially for people who are not fully acclimatized or for people who are not fully fit.**

Heat Illness 'At Risk' Groups.

The groups most at risk of heat stress are young children; the elderly; those with alcohol, weight, or health problems; and people on medications that have a drying effect, or reduce perspiration.

Anyone can fall victim to heat stress through a lack of hydration, over exertion or being over exposed to the sun. **Acclimatisation** plays an important role in protecting healthy people from heat stress and therefore new residents and visitors to the NT are particularly vulnerable.

Prompt action will avoid the serious or even fatal consequences of fully developed heat stroke. The escalating manner of illness and treatments/response are at page 4 and 5 of this Policy.

This Hot Weather policy is designed to ensure that badminton is not played in conditions that could potentially threaten the health of some participants through levels of Heat Illness.

Policy

The NTBA will:

1. Strategically place the ["Beat the Heat"](#) fact sheets and NTBA Hot Weather Policy within the Winnellie facility as well as include them on the official NTBA website together with this policy.
2. When updated, forward the revised Hot Weather Policy to all affiliated groups and playing associations.
3. In the wet season/summer competition, modify the rules so that:



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- In the event of a day when players experience excessive heat, whether due to temperature and/or humidity, extra time between games/sets may be afforded to players to allow for heat recovery at the discretion of the players /organisers/referee's.
 - Players 15 years or younger and/or over 65 years make themselves aware of the increased risks and in turn take extra precaution when playing sport in higher temperatures.
4. The NTBA and its member associations need to ensure that there is access to free cool water at all scheduled sporting events.
 5. The NTBA and its member associations should encourage participants take advantage of cooling off areas, air conditioning, fans etc so that players can properly cool down after strenuous exercise.

Executive Summary.

The health and well-being of all those involved with badminton is a priority issue for the NTBA that acknowledges that Heat Stress injury can occur within indoor venues but is preventable. The NTBA will promote and encourage appropriate modified behaviour and in extreme situations even cancel events where it feels safety of participants is at serious risk. The NTBA recommends that all people involved with badminton, read Sport Medicine Australia's fact sheet "[Beat the Heat](#)" and in particular drink sufficient water in the hours prior to playing sport/exercising and maintain a good level of personal fitness in summer months.

References:

1. Sports Medicine Association [Heat Guidelines](#)

Disclaimer:

The information stated on this document is of a general nature. Individual circumstances may require modification of general advice from an appropriate health professional e.g. Doctor, Naturopath and Sports Trainer.

Updated:

Version	Date	Amendments	Ratified by NTBA committee
1	01/08/2017	New Policy	NTBA Committee
2	24/07/2019	Reviewed	NTBA Committee