



If unrecognised and/or untreated, heat exhaustion can lead to heat stroke, which is a potentially life-threatening condition.

Coaches and club officials **must** ensure that this policy is adhered to **for all MMBC training and competition**. However, this policy describes the minimum standard only.

Common sense must be used when children are involved in competitive sports in hot weather conditions. If any child on your team shows any signs of heat stress or heat stroke do **not** force them to continue play.

Parents and guardians always retain primary responsibility for the health and wellbeing of their own child(ren). Consequently, parents and guardians are required to remove their own child from playing if they feel that there is an unacceptable risk to their child from heat stress due to any factors individual to their child, i.e., recent illness, etc.

POLICY

SMA (Sports Medicine Australia) policy classifies Baseball as a Category 4 risk for adults based on an assessment of the combined effects of exercise intensity and clothing/equipment worn. However, as **children are physiologically more vulnerable to heat stress** because cooling/sweating mechanisms do not fully develop until puberty, their smaller body size means that they absorb heat rapidly, and it takes longer for children to acclimatise to exercising in hot conditions, and in alignment with the TBAWA Extreme Heat Policy, the **Sports Risk Classification 5 Chart (Figure 1)** will be referenced for all MMBC training and game events, due to the higher risks associated with children.

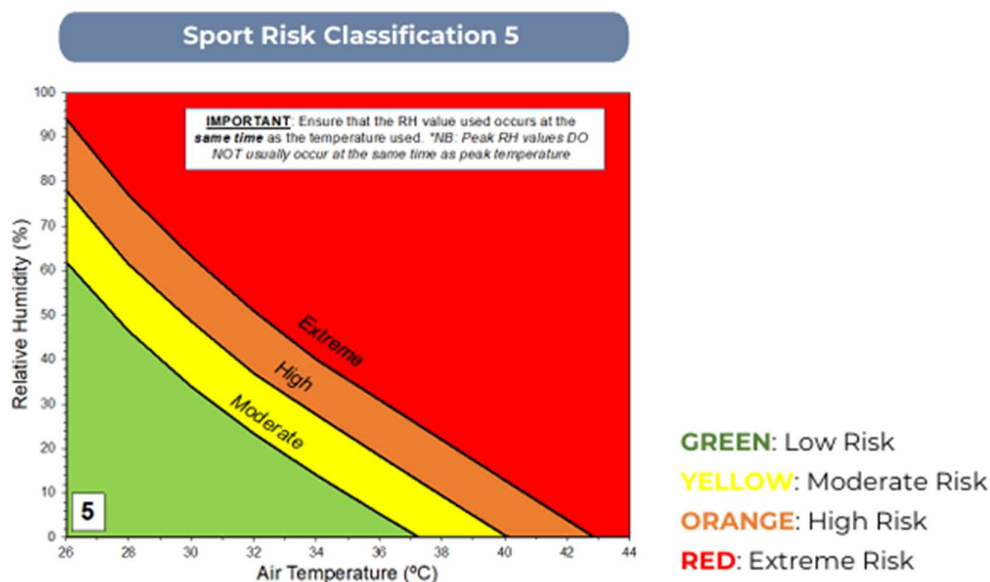


Figure 1: SMA Sports Risk Classification 5 Chart

AT A GLANCE – MITIGATING HEAT STRESS RISK

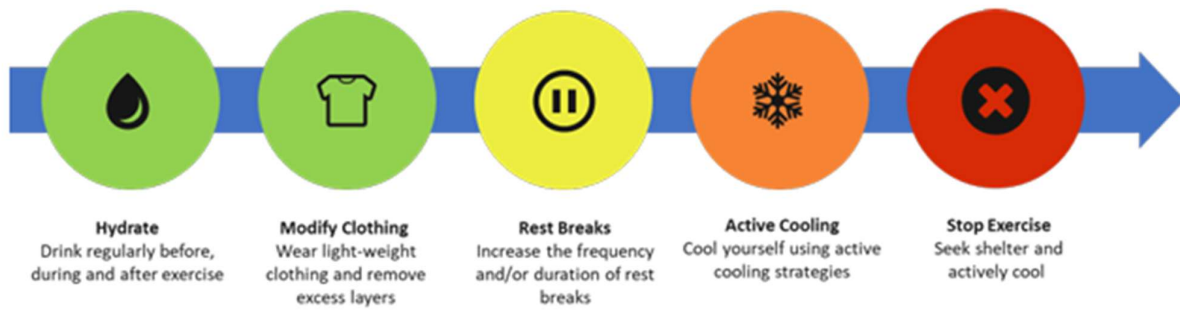


Figure 2: SMA Recommended actions for each risk ranking that can be taken to mitigate prevailing heat risk

EXTREME: Stop Exercise... seek shelter and actively cool.

- All play **MUST** be cancelled. Games and/or training may be rescheduled if practical.

HIGH: Active Cooling

- All training sessions **MUST** be cancelled.
- Games should be cancelled or postponed wherever possible. If a game goes ahead, shade and water **MUST** be available for both teams for the duration of the game.
- Hats **MUST** be worn.
- Coaches / Managers to ensure that players stay in the shade when not on the diamond.
- Parents **MUST** monitor the child(ren)'s health and ensure their child has applied sunscreen and has adequate water.
- Active cooling measures should be engaged before, during and after play such as:
 - All people on the diamond to wear a hat.
 - Drink cold fluids and/or ice slushies.
 - Submerge arms/feet in cold water.
 - Water dousing – wet skin with cool water using a sponge or a spray bottle to increase evaporation.
 - Ice pack – place an ice pack or damp towel filled with crushed ice around individual's neck.
 - At umpire discretion, increase changeover duration to allow players and officials and volunteers to hydrate between innings.

MODERATE: Rest Breaks

- Consider cancelling or reducing the length of training sessions. If training goes ahead, shade and water must be available.
- Hats **MUST** be worn.
- Shade and water must be available for both teams for the duration of a game.
- Coaches / Managers to ensure that players stay in the shade when not on the diamond.
- Parents **MUST** monitor the child(ren)'s health and ensure their child has applied sunscreen and has adequate water.

LOW: Hydrate and Modify Clothing

- Hats **MUST** be worn.
- Shade and water must be available for both teams for the duration of a game.
- Coaches / Managers to ensure that players stay in the shade when not on the diamond.
- Parents **MUST** monitor the child(ren)'s health and ensure their child has applied sunscreen and has adequate water.

GUIDELINE

How to Determine Risk Level

At 5pm the day before training or competition, or at any point thereafter, the MMBC Coach or club official should:

- Go to <http://www.bom.gov.au/places/>
- Determine the *Forecasted Air Temperature* and *Relative Humidity* for the training and/or game time and suburb location.
- Plot this data on the SMA Sports Risk Classification 5 Chart;

OR

- Use the SMA Heat Calculator ensuring a Category 5 sport is chosen (eg. Field Hockey):
https://sports-heat-tool.sydney.edu.au/?profile=ADULT&sport=FIELD_HOCKEY&loc=Myaree,+Western+Australia,+Australia

THEN

- Notify affected MMBC (and opposition) officials, team members and players as soon as possible of the outcome and recommended actions (Figure 2).

Recognising signs and symptoms of heat-related illness

Heat Exhaustion	
Symptoms	First Aid
- Slowing down or reluctance to play - Clumsiness or loss of skill/co-ordination - Feeling confused, dizzy or unsteady - Obvious fatigue - Headache - Feeling sick - High heart rate - Becoming distressed, aggressive or irrational - Pale and sweaty	- Rest in a cool, shaded area - Be cooled with damp cloths or spray bottle - Given water to drink
Heat Stroke	
Symptoms	First Aid
- Any of the symptoms listed above for heat stress, plus: - Cessation of sweating - Hot, dry skin - Grey, ashen pale skin - Collapse	- Seek urgent medical aid – take to the emergency department or call for an ambulance on 000 - Move child to a cool, shaded area and ensure they rest - Offer reassurance – may be confused - Strip off any unnecessary clothing - Soak remaining clothing with water - Spray with water if available - Apply a fan if possible - Apply ice packs to groin and armpits

References:

1. Sports Medicine Australia – Extreme Heat Policy (v1.0 2021):
<https://sma.org.au/wp-content/uploads/2023/03/SMA-Extreme-Heat-Policy-2021-Final-1.pdf>
2. Sports Medicine Australia – Extreme Heat Guidelines (2025):
https://sma.org.au/wp-content/uploads/2025/11/Extreme-Heat-Policy-2025_v1.pdf
3. TBAWA – Extreme Heat Policy (2024) www.tbawa.com.au/wp-content/uploads/Extreme-Heat-Policy.pdf
4. Weather Conditions: www.bom.gov.au
5. UV Index Information: www.arpana.gov.au
6. Smartplay: smartplay.com.au
7. SunSmart: www.sunsmart.com.au