

Hot Weather and Heat Stress Policy (Indoor) BQC-002-0826 (Updated August 2026)

Contents

1	Purpose	1
2	Scope.....	1
3	References and alignment	1
4	Key principles.....	1
5	Definitions	1
6	Venue minimum requirements	1
7	Pre-event planning and risk controls	2
8	Monitoring procedure (indoor specific)	2
9	Heat risk thresholds and required actions	2
10	Additional modifications and controls (Central and North Queensland)	3
11	Heat illness recognition and response	3
12	Roles and responsibilities	4
13	Decision authority and escalation	4
14	Communication requirements	4
15	Record keeping and review	5

Hot Weather and Heat Stress Policy (Indoor)

Last Updated: August 2026

Applies to: All Basketball Queensland sanctioned indoor basketball activities across Queensland

1 Purpose

To protect the health and safety of participants, officials, staff and volunteers during indoor basketball activities when heat and/or humidity may increase the risk of heat illness. This policy provides minimum venue requirements, monitoring procedures, decision thresholds and clear modification and cancellation actions, with specific consideration for Central and North Queensland's tropical conditions.

2 Scope

This policy applies to games, tournaments, carnivals, trials, camps and training that are sanctioned or conducted under Basketball Queensland (BQ) governance, including association delivered activities where BQ policies apply.

3 References and alignment

This policy aligns with Sports Medicine Australia (SMA) hot weather resources and the SMA Extreme Heat Risk and Response Guidelines and Sports Heat Tool and reflects recognised heat stress risk management approaches used across Australian sport.

Key references are listed in Appendix B.

4 Key principles

- Indoor venues can become hazardous in hot and humid weather due to poor airflow, heat retention and high humidity.
- Humidity is a major risk multiplier in tropical Queensland because it reduces sweat evaporation and body cooling.
- Heat safety decisions prioritise participant welfare over competition outcomes.
- Children, adolescents, unacclimatised participants and officials in uniforms are higher risk.
- Any collapse in the heat is treated as suspected heat stroke until proven otherwise.

5 Definitions

- (a) **Thermometer:** A device that measures ambient air temperature.
- (b) **Hygrometer:** A specialized instrument used to measure the moisture content, or humidity, in the air, often displaying results as a percentage of relative humidity (RH).
- (c) **Heat illness:** A spectrum including heat cramps, heat exhaustion and heat stroke.
- (d) **Tropical conditions:** For this policy, venues in Queensland where high humidity is common and indoor venues may have limited cooling.

6 Venue minimum requirements

Each venue hosting BQ sanctioned activity must have the following available and in working order:

- A calibrated thermometer (digital preferred) and a humidity reading (hygrometer). Minimum expectation: A calibrated thermometer (digital preferred) and a hygrometer (humidity reading device). Both instruments are mandatory — a thermometer reading alone does not satisfy this policy.
- A recording method (paper log or digital) to document readings and actions.
- Portable drinking water access, with the ability to refill bottles quickly during tournaments.
- An identified cool down area (preferably air conditioned) for participants and officials.

- Operational ventilation and cooling measures where available, including air conditioning and/or fans. Fans should be positioned to improve airflow without creating hazards.
- A first aid kit and an escalation pathway to a trained first aid officer or medical support.
- Adequate towels and floor wiping equipment for court conditions.

7 Pre-event planning and risk controls

Event organisers and host venues must plan for heat and humidity risk.

Minimum controls:

- Check Bureau of Meteorology forecasts in the 7 days, 72 hours and morning of the event for temperature and humidity trends.
- Use SMA Sports Heat Tool to assess potential risks.
- Where possible, schedule high intensity sessions and junior matches earlier in the day and avoid peak heat periods.
- Confirm cooling systems (air conditioning, fans, ventilation) are functional before the first session.
- Ensure adequate staffing for additional stoppages, water access and welfare checks.
- Brief coaches, team managers and officials on heat illness signs, reporting process and modifications that may be applied.
- Encourage acclimatisation for representative programs: progressively increase exposure across 10 to 14 days where feasible.

8 Monitoring procedure (indoor specific)

Because indoor conditions can differ from outdoor weather stations, measurements must be taken inside the venue.

Readings should be taken courtside, away from direct air conditioning outlets, and repeated regularly. Every reading must record both ambient temperature and relative humidity, taken together using the thermometer and hygrometer — a temperature-only reading is not valid under this policy.

Minimum monitoring schedule for events:

- Before first game or training session begins.
- Whenever conditions change (air conditioning failure, doors closed, crowd increases, storms raising humidity).
- Immediately if any participant reports symptoms consistent with heat illness

9 Heat risk thresholds and required actions

Table 1. Ambient temperature and humidity actions.

Both a temperature and a humidity reading are required to determine the risk category below.

Ambient temp (°C)	Relative Humidity	Risk	Required Actions
Below 30	Any	Low	Normal play. Encourage hydration. Maintain airflow and monitor.
30 to 34	60% or higher	Moderate	Mandatory hydration breaks every 10 minutes in training. For games: add mid-quarter hydration option and extend breaks as required. Use air conditioning and fans where available.
35 to 39	50% or higher	High	Modify play and training. Shorten sessions, increase breaks, reduce intensity. Cooling towels, ice, shaded or cool room access. Limit sessions to < 60 minutes. Consider

			postponement if ventilation/cooling inadequate.
40 or higher	Any	Extreme	Suspend, postpone or cancel. Medical support on standby. Communicate promptly and reschedule where possible.

10 Additional modifications and controls (Central and North Queensland)

In Central and North Queensland, humidity can create unsafe conditions at lower temperatures.

Apply these additional controls as standard:

- Both thermometer and hygrometer measurement is mandatory for competitions and tournaments in this region (see Section 6).
- If a device fails or is unavailable on the day, treat a combination of 30°C plus high humidity as at least Moderate risk.
- Increase ventilation by using fans, opening doors where safe and practical, and reducing heat sources in the venue where possible.
- Use air conditioning proactively. Where air conditioning is present, set it to run continuously during play rather than cycling on and off.
- Provide a dedicated air-conditioned recovery space for officials and participants where possible, especially for junior and representative events.
- Reduce pre-game warm up duration and intensity when conditions are Moderate or higher.
- Encourage lighter uniforms where competition rules allow (for example, removal of warm up tops, use of breathable fabrics).
- Increase official rotations and provide officials with access to cooling and hydration at every break.

11 Heat illness recognition and response

Common warning signs:

- Dizziness, fainting or headache
- Nausea or vomiting
- Unusual fatigue, weakness or cramps
- Confusion, irritability or poor coordination
- Very hot skin, heavy sweating or, in severe cases, reduced sweating
- Collapse or seizure

Immediate response steps:

- (1) Stop activity immediately and alert first aid.
- (2) Move the person to the coolest available area (air-conditioned room preferred).
- (3) Begin active cooling: remove excess clothing, apply cold wet towels or ice packs to neck, armpits and groin, and use fans to increase evaporation.
- (4) If conscious, give cool fluids in small frequent sips. Do not force fluids.
- (5) If altered consciousness, confusion or collapse, call 000 immediately and treat as suspected heat stroke.
- (6) Document the incident and actions taken (including temperature/hygrometer readings) and record in relevant incident reporting system (eg. Safe365)

12 Roles and responsibilities

Venue Manager or Venue Representative

- Maintain both required measurement devices — thermometer and hygrometer and keep them accessible.
- Conduct and record indoor readings per Section 8.
- Ensure air conditioning, fans and ventilation are operational and escalate failures immediately.
- Provide access to cool down spaces and water refill points.

Event Organiser or Competition Manager

- Confirm venue readiness and monitoring plan before the event starts.
- Make and communicate modification, postponement or cancellation decisions using this policy.
- Ensure first aid coverage and welfare escalation pathways are in place.
- Ensure staff and officials understand the stoppage and break procedures.

Referees and Officials

- Monitor players, coaches and other officials for heat illness signs.
- Request breaks or suspension where risk thresholds are met or symptoms occur.
- Support modified match procedures when applied.

Coaches and Team Managers

- Ensure players arrive well hydrated and with water bottles.
- Encourage self-reporting and use a buddy system for welfare checks.
- Modify training loads immediately when directed or when players show symptoms.

Participants and Parents

- Report symptoms early.
- Support hydration, rest and cooling behaviours.
- Advise organisers of any medical conditions or medications that may increase heat risk.

13 Decision authority and escalation

For BQ delivered events, the Event Organiser (or delegated Competition Manager) has authority to modify, suspend or cancel activity. For association delivered events under BQ policy, the association Competition Manager has authority, in consultation with the Venue Manager. Where available, medical or first aid advice should be sought and documented.

14 Communication requirements

If modifications, suspensions or cancellations occur, organisers must communicate:

- The reason (measured indoor readings and risk category).
- The specific changes (breaks, shortened quarters, schedule changes) and when they take effect.
- The reassessment time (when the next reading will be taken).
- Reschedule process and expected next steps.

15 Record keeping and review

Temperature, humidity and any policy actions must be recorded for the event and retained by the organiser. Any heat illness incident must be reported and recorded in the relevant incident management system. This policy should be reviewed annually and after any serious heat related incident.

Appendix A. Quick decision checklist (courtside)

- (1) Confirm air conditioning and/or fans are operating, doors and ventilation set for airflow.
- (2) Take an indoor reading using both the thermometer and hygrometer — mandatory, not optional. Record the time and both values.
- (3) Apply Table 1 actions immediately if thresholds are met.
- (4) Brief referees, coaches and team managers on break schedule and symptom reporting.
- (5) Ensure water access and cool down space are ready.
- (6) Recheck readings at least hourly or sooner if conditions worsen.

Appendix B. References (public sources)

- Sports Medicine Australia. Hot Weather resources including Extreme Heat Risk and Response Guidelines and Sports Heat Tool (accessed 2026).
- Football Australia, Heat Policy (temperature and humidity-based decision thresholds and drink breaks).
- Netball NSW. Adverse Weather Conditions Policy (temperature and humidity and indoor considerations).
- Cricket Australia. Heat Policy (heat stress risk approach and management interventions).
- Hockey Australia. Extreme Weather Guidelines (measurement guidance for hot, humid conditions).