

SCHEDULE 4: HEAT



DOCUMENT CONTROL

Name:	Heat Policy
Version:	8.0
Effective date:	1 July 2026
Review due:	30 June 2027
Owner:	Chief Medical Officer; Lead Sports Performance Dietitian
File location:	AMS or AC Performance Services ZenDesk
Document type (& enforceability):	Policy (mandatory)
Responsible parties:	Doctor, Dietitian, Physical Performance Coach, Match Officials
Beneficiaries:	All players playing in (or training for) CA sanctioned events

RELATED DOCUMENTS & LINKS

Document Name	Location
CA Extreme Heat Guidelines (2014)	2014 Heat guidelines

1. PURPOSE

- 1.1** Australian Cricket (AC) considers it important to pursue best practice in prevention and management of heat related illness whilst participating in Cricket Australia (CA) sanctioned competitions and training sessions.
- 1.2** The aims of the AC Heat Policy are to:
- ensure that there is a protocol that can be implemented when extreme (heat-related) weather conditions are expected;
 - introduce and implement an evidence-based Heat Stress Risk Index (HSRI) ([Appendix 1](#)) that provides an objective measure to indicate when heat stress management strategies and interventions should be implemented during CA sanctioned training sessions and matches; and
 - outline and reinforce guidelines for heat management strategies to reduce the risk of heat illness incidents to participants ([Appendix 2](#)).

2. SCOPE

- 2.1** The AC Heat Policy (the Policy) applies to all Players, Player Support Personnel and Match Officials (collectively known as **Participants**) involved in any CA sanctioned competitions, including matches or training for such competitions (collectively known as **Elite Cricket**).
- 2.2** In relation to players representing Australia in international cricket competitions or matches, CA will follow this policy, but it is accepted that some of the recommendations will not apply

to international level matches governed by International Cricket Council (ICC) Playing Conditions.

3. HEAT STRESS RISK INDEX

The cricket specific HSRI has been developed specifically for CA to be used to calculate the combined heat stress risk associated with hyperthermia and dehydration to Participants engaged in Elite Cricket.

It is designed to determine what additional heat management strategies (other than the usual strategies outlined in [Appendix 2](#)) are required during Elite Cricket sessions when weather conditions are expected to increase the risk of heat illness of Participants and to avoid heat stress illness to Participants.

3.1 Calculation of the HSRI

- a) [Appendix 1](#) details the evidence-based information used to derive the HSRI and how to use the HSRI.
- b) The following key values are needed to calculate the HSRI:
 - (I) ambient air temperature in the shade (°C);
 - (II) wind speed (in km/h);
 - (III) relative humidity (%);
 - (IV) black globe temperature (°C), indicative of warmth of direct sunshine Note: black globe temperature is not measured by any of these weather data sources, and is therefore estimated by the HSRI calculator.

Hourly values for air temperature, wind speed and relative humidity should be obtained from a credible weather data source. The recommended weather data source is the *Bureau of Meteorology* (BOM) website (<http://www.bom.gov.au>). Weather data from the closest possible BOM location to the match or training venue should be obtained. If localised BOM data is not available, for example the ground is more than 10 km from the nearest BOM weather station, then an alternate reputable weather site is acceptable.

An example of alternative weather data source that can be used if BOM data is not available is UBIMET <https://weathercockpit.com.au>

Devices approved by CA that measure the required values for the HSRI locally at venues can also be used.

A list of weather stations from the BOM and their proximity to grounds are outlined in [Appendix 4](#).

4. HEAT STRESS PROTOCOL

The following heat stress protocol must be implemented by the most senior medical person (or anyone else appointed to be responsible for implementing the AC Heat Policy protocols) when the local predicted ambient temperature is forecast to be higher than 25 degrees Celsius at the venue (or by the nearest BOM station outlined in [Appendix 4](#)). If the ambient temperature is forecast to be higher than 25 degrees Celsius, the following protocols must be implemented.

4.1 Match days

- a) A person or persons (Match Event Manager or SSSM person) must be delegated the task of measuring and monitoring the HSRI for the duration of the session/day/game.
- b) Pre-Match Medical Meeting

- (I) A 'real-time' HSRI measure should be calculated just prior to the Pre-Match Medical Meeting to determine the current HSRI measure that can serve as the baseline measure for the match day; and
 - (II) Forecasted HSRI measures for each hour of the match day should also be taken.
 - (III) The Match Event Manager or the Medical Officials (Match-Day Medical Officer or physiotherapist or any other Sports Science & Sports Medicine staff appointed by the Match Day or State Medical Officer), present at the match day, should communicate the real-time and forecasted HSRI measures at the Pre-Match Medical Meeting. If either, forecasted or real-time, HSRI for the match day is greater than 3 (see section 4.4) then weather conditions must be monitored regularly throughout the match day (hourly) to determine if the Heat Stress Management Interventions outlined in section 4.4 should apply.
- c) Hourly (real-time) HSRI measures
- (I) If at any time during the day the real-time HSRI is greater than 3, refer to section 4.4 for the relevant Heat Stress Management Interventions.
- d) If the forecasted and the real-time HSRI is 3 or less, no further Heat Stress Management Interventions are required (other than the usual strategies outlined in [Appendix 2](#)) for the remainder of the match day; unless there is an unexpected change in weather conditions or concern is raised by the **Match Officials** (umpires or match referees) or Medical Officials at the match or by Cricket Australia. In this instance, further measures of the HSRI must be observed and the Heat Stress Management Interventions implemented if the HSRI is greater than 3.

4.2 Training Sessions

- a) Hourly forecasted weather data for the training sessions should be entered into the HSRI by the Medical Official present just prior to the commencement of any outdoor training Session;
- b) If the forecasted HSRI for any time point during the training Session is greater than 3, then hourly HSRI measures must be continually made (in real-time) throughout the duration of the training session;
- c) If the real-time HSRI is greater than 3 during the training session, the Heat Stress Management Interventions, like those outlined in section 4.4, should be considered. It is acknowledged that the Heat Stress Management Interventions are intended to be applied in respect of a match day, and therefore a common-sense approach should be taken in implementing similar strategies at training sessions (e.g. more regular drink breaks when the HSRI is greater than 3, suspend training if the HSRI is greater than 10 etc.);
- d) If both the forecasted and the real-time HSRI is 3 or less, then no further HSRI measures are required to be undertaken and recorded for the remainder of the training session; unless there is an unexpected change in weather conditions and concern is raised by the Medical or Coaching Officials (doctor, physiotherapist, dietitian, strength conditioning coaches, first aid paramedics etc.) at the training session, or by Cricket Australia. In this instance, further measures of the HSRI must be observed and the Heat Stress Management Interventions implemented if the HSRI is greater than 3.

4.3 Responsibility for Measuring and Implementing the HSRI

- a) Matches
 - (I) The highest qualified Medical Official in attendance at match and the Match Event Manager are responsible for calculating the HSRI,
 - (II) The highest qualified Medical Official in attendance at Match and the Match Event Manager is responsible for collating and entering the data into the HSRI (on AMS) and making recommendations to the Match Referee and Match Officials (at Pre-Match Medical Meeting or in real-time during the match) based on the Heat Stress Management Interventions in 4.4.

- (III) Decisions are communicated to teams (coaches, players, staff) via the Match Event Manager or Match Official.
- b) Training Sessions
 - (I) The highest qualified Medical Official in attendance at the training session and Event Manager (if present or other event staff) is responsible for collating the data from BOM and entering the data into the HSRI on AMS;
 - (II) The highest qualified Medical Official in attendance at the match and the Event Manager (if present, or other event staff) at the training session is responsible for determining if any Heat Stress Management Interventions are required based on the HSRI as outlined in sections 4.2 and 4.4 (e.g. whether the training session should continue, require more regular than usual drinks break or delayed to a later time in the day);

4.4 Heat Stress Risk Index Management Interventions

All decisions outlined below are to be made by the highest-ranking Medical Official and match referee or event manager. When needed, either the Match Event Manager, a Match Official, or a Medical Official will communicate with the playing teams.

The HSRI rating outlines the Heat Stress Management Interventions to be considered for different heat-related weather conditions. In the instance that:

- a) **HSRI rating is between 0 to 3 (inclusive):** no change to usual heat management strategies ([Appendix 2](#)); However, if the HSRI is between 1 and 3 and umpires feel that the BOM data is overestimating wind speed compared to actual on-field conditions, they may institute an extra drinks break as per clause b) below at their discretion.
- b) **HSRI rating is between 4 to 7 (inclusive):** heat management strategies (see [Appendix 2](#)) and consider extra drinks breaks, in accordance with clause 4.5 (e.g. every 50 minutes in first-class matches instead of every 60 minutes). Medical Officials (and anyone else involved in the match or training) should be extra vigilant in monitoring Participants that exhibit signs of heat stress illness such as excessive muscle cramping, dizziness, excessive fatigue etc.);
- c) **HSRI rating is between 8 to 10 (inclusive):** extra drinks breaks in accordance with item 4.4 a) and b) above should be considered; and with potential that each drink's break should be extended in accordance with clause 4.5 (e.g. 10-15 minutes instead of 5 minutes) to allow Players and Match Officials to leave the field of play to cool down if required;
- d) **HSRI rating is above 10:** all Heat Stress Management Interventions in accordance with items 4.4a) to c) applied and / or consideration to suspend the match in accordance with clause 4.6 until the HSRI is 10 or below. A meeting between Medical Officer (or highest qualified Medical Official) if present, the Match Event Manager (if present) and Match Referee (or highest-ranking Match Official) to consider how Participants and Match Officials are responding to the Heat Stress Management Interventions and if the match should be suspended until conditions improve. The Match Referee and the Medical Officials are responsible for making any decision to suspend the match. If no agreement can be made the opinion of the CA Head of Performance Services and/or the CA Head of Cricket Operations should be sought.
- e) If suspension has been agreed on, the Match Referee (or highest-ranking Match Official) responsible for the match confirms with the umpires that the match is at the suspension stage. The Match Referee is to contact CA (CA Head of Performance Services, CA Head of Operations, or in their absence the CA Match Officials Manager) to inform them that the match has been suspended. Should all parties still agree, the umpires call a suspension.

4.5 If any additional and/or extended drinks break/s impact on the time allocated to the fielding team to complete their overs, the Match Referee (or highest-ranking Match Official) will

determine if time lost can be added later in the day / match in accordance with the relevant CA Playing Conditions.

- 4.6** If a determination is made to suspend a match, the Medical Officials and Match Event Manager are responsible for monitoring the HSRI at regular intervals in real-time (such as when a match is suspended due to rain). Play should only resume when the Medical Officials, Match Event Manager and Match Referee (or highest-ranking Match Official) have unanimously determined that the HSRI indicates it is safe to resume the game (HSRI 10 or below) and the risk to Participants has been mitigated. The Match Referee (or highest-ranking Match Official) will determine when the match can resume or if time lost can be added later in the day or match in accordance with the relevant CA Playing Conditions.

Note: Implementation of the Heat Stress Management Interventions must take a common-sense approach. In situations when Medical Officials, at Elite Cricket become concerned for Participants welfare due to heat they should consider implementing the strategies outlined in section 4.4 regardless of the HSRI. Conversely, in circumstances where Participants are responding to the Heat Stress Management Interventions, Medical Officials and Match Officials may decide to adjust the Heat Stress Management Interventions (e.g. not suspend play if Players and Match Officials are responding well to additional and/or extended drinks breaks).

- 4.7** If no data is available to calculate the HSRI, the Medical Official at the match must decide if players are likely to be at risk of heat stress illness and if the Heat Stress Management Interventions (outlined in 4.4 b, c and d) apply. The Medical Official should then communicate with the Match Referee (or highest-ranking Match Official) the recommendations. The Match Referee (or highest-ranking Match Official) and the Medical Officials are responsible for making any decision to suspend the match.

5. EDUCATION

- 5.1** All AC SSSM staff, Match Event Managers and Match Officials, should be educated about;
- a) Heat Stress Illness ([Appendix 3](#));
 - b) Heat Stress Management Interventions;
 - c) the AC Heat Policy; and
 - d) the use (including where to record data) and interpretation of the HSRI.
- 5.2** Players and Match Officials should have a basic understanding of the HSRI and the AC Heat Policy, as delivered by any SSSM personnel delegated this task from within each organisation.
- 5.3** The AC Heat Policy will be stored on the AMS.

6. RECORDING

- 6.1** A record of:
- a) the weather data;
 - b) time that weather data was obtained;
 - c) the HSRI; and
 - d) Heat Stress Management Interventions (including details of additional and/or extended drinks breaks or suspensions of play) must be recorded into the AMS by the Medical Officials or Event Staff.

- 6.2** The Medical Officials or Event Staff must immediately notify the CA Head of Performance Services and CA Chief Medical Officer of all Heat Stress Management Interventions and record these on the AMS.

7. REVIEW OF HEAT POLICY

- 7.1** This AC Heat Policy will be reviewed annually.

- 7.2** A retrospective review of the calculated HSRI at matches (and training sessions) across the season, including changes to match schedule as a direct result of the AC Heat Policy and incidence of heat stress in Participants will be undertaken and may be used to assess the efficacy of the AC Heat Policy.

- 7.3** These reviews will be conducted by:

- a) the CA Chief Medical Officer;
- b) the CA Head of Performance Services;
- c) the CA Lead Sports Performance Dietitian; and
- d) an external industry expert such as the Director of Thermal Ergonomics Laboratory, The University of Sydney (or equivalent if not available).

REVISIONS

Date	By
8 March 2019	CA Chief Medical Officer, CA Head of SSSM, CA Lead Sports Performance Dietitian, Dr Ollie Jay University of Sydney, CA Women's Team Sports Performance Dietitian
30 June 2020	CA Chief Medical Officer, CA Deputy CMO, CA Head of SSSM, CA Lead Sports Performance Dietitian
30 June 2021	CA Chief Medical Officer, CA Deputy CMO, CA Head of SSSM, CA Lead Sports Performance Dietitian, Dr Ollie Jay (University of Sydney)
30 June 2022	CA Chief Medical Officer, CA Head of SSSM, CA Lead Sports Performance Dietitian, Dr Ollie Jay (University of Sydney)
31 July 2023	CA Chief Medical Officer, CA Head of SSSM, CA Lead Sports Performance Dietitian, Dr Ollie Jay (University of Sydney)
16 July 2024	CA Chief Medical Officer, CA Head of SSSM, CA Lead Sports Performance Dietitian
3 July 2025	CA Chief Medical Officer, CA Head of SSSM, CA Lead Sports Performance Dietitian
30 June 2026	CA Chief Medical Officer, CA Deputy CMO, CA Lead Sports Performance Dietitian