

New South Wales Darts Inc.
PO Box 59
ENGADINE NSW 2233
Phone/Fax 02 9520 1271
Email: nswdarts@tpg.com.au

POLICY ON HOT WEATHER

POLICY STATEMENT

It is the aim of NSW Darts Inc and its member clubs to not expose any members or supporters to unnecessary and extreme heat conditions. This includes players, coaches, referees, officials, volunteers and spectators.

We aim to do this by abiding by the following guidelines:

COMPETITION/TRAINING VENUES

Traditionally, darts is a sport in which competitions/training are held in an air conditioned environment and as such extreme external temperatures do not impact. However, in the event of air conditioning failure or faulty, the environment would need to be assessed for suitability and acceptable heat and humidity levels based on the charts in Appendix 1 and the following steps would be taken:-

1. Hot but still acceptable to continue competition
 - Assess possibility of opening doors to allow airflow
 - Extra drinking water made available
 - Offer drink between games and use wet towels if necessary
 - Extending compulsory breaks between matches
 - Extra officials rotations
2. Temperature and/or humidity levels are extreme and unsuitable based on charts in Appendix 1 would need to abandon the competition.

As long as the environment is assessed as suitable based on Appendix 1 then competitions/training may continue with allowance made for individual participants.

- Children will acclimatise slower than adults and young children are more at risk in heat due to their poorly developed sweating mechanism
- Overweight, unconditioned players, officials and volunteers will generally be more susceptible to heat stress
- Female players may suffer more in the heat because of their greater percentage of body fat
- Children tend to listen to their bodies more than adults and therefore **ON NO ACCOUNT SHOULD CHILDREN BE FORCED TO CONTINUE PLAYING DARTS IF THEY APPEAR DISTRESSED OR COMPLAIN ABOUT FEELING UNWELL.**

NSW DARTS AND ITS MEMBER CLUBS RECOGNISE THAT HEAT STROKE IS POTENTIALLY LIFE THREATENING. ANY INDICATION OF THIS CONDITION SHOULD BE IMMEDIATELY REFERRED FOR MEDICAL ASSESSMENT.

APPENDIX 1

Ambient temperature is the most easily understood guide available, and it most useful on hot, dry days

Ambient Temperature	Relative Humidity	Risk of Heat Illness	Possible management for sustained physical activity
15 – 20		Low	Caution over-motivation
21 – 25	Exceeds 70%	Low – Moderate	Increase vigilance. Caution over-motivation
26 – 30	Exceeds 60%	Moderate	Reduce intensity and duration. Take more breaks
31 – 35	Exceeds 50%	High – Very High	Uncomfortable for most people. Limit intensity, take more breaks. Limit duration.
36 and above	Exceeds 30%	Extreme	Very stressful for most people. Postpone to cooler conditions or cooler part of day or cancellation.

WBGT (Wet Bulb Globe Temperature index). The WBGT is useful when humidity is high.

WBGT	Risk of Thermal Injury	Possible modifying action for vigorous sustained activity
< 20	Low	Caution over-motivation
21 – 25	Moderate to high	Increase vigilance. Take more breaks.
26 – 29	High – Very High	Limit intensity. Increase break times. Limit duration.
30 and above	Extreme	Consider postponement to a cooler part of the day or cancellation.