



Tenpin SA Hot Weather Policy

1. Introduction

1.1. Purpose and Scope

1.1.1. Tenpin Bowling is an indoor sport which is usually conducted under air-conditioned climates. Tenpin SA, however, recognises the possibility for air-conditioners to fail and conditions inside bowling centres to become high risk for its members. The following policy is to ensure all Tenpin SA members are protected in high-risk temperatures and that no member shall suffer injury or damage due to such conditions.

1.2. Factors of heat related illnesses

1.2.1. High-risk Temperatures will effect individuals differently based on:

- 1.2.1.1. The air temperature and humidity
- 1.2.1.2. Age of the individual
- 1.2.1.3. Air movement
- 1.2.1.4. Length of exposure to high-risk conditions
- 1.2.1.5. Clothing
- 1.2.1.6. Individuals Acclimatisation
- 1.2.1.7. Hydration Levels
- 1.2.1.8. Illness and medical conditions

1.3. Definitions

1.3.1. Tenpin SA

1.3.1.1. Shall refer to the South Australian State Sporting Organisation for Tenpin Bowling

1.3.2. Member

1.3.2.1. Shall refer to Players, Coaches, Managers, Tournament Officials and Tenpin SA Officials.

2. Responsibilities

2.1. The safety of all members is primarily an individual responsibility.

Tenpin SA provides the guidelines in this policy to ensure all members understand their individual responsibilities.

2.1.1. Tenpin SA Responsibilities

2.1.1.1. Tenpin SA will provide a policy for which Tenpin SA tournaments and play will be guided in high-risk conditions.

2.1.1.2. Tenpin SA will ensure every member understands their responsibilities and avoid any unnecessary risk to any individual.

2.1.1.3. Tenpin SA has the responsibility to ensure members understand the risks of participating in high-risk conditions including the distribution of Sports Medicine Australia literature.

2.1.1.4. Tenpin SA or one of its officials has the authority in conditions deemed high-risk to:

- 2.1.1.4.1. Cancel play
- 2.1.1.4.2. Alter starting times
- 2.1.1.4.3. Alter length of play

- 2.1.1.4.4. Modify breaks
- 2.1.1.5. The appropriate action under section 2.1.1.4 will be the responsibility of the Tenpin SA Tournament Team to decide.
 - 2.1.1.5.1. The Tenpin SA Tournament Team will not cancel play based on the least fit member when detrimental to the majority of members.
 - 2.1.1.5.2. The Tenpin SA Tournament Team will not deem any condition as extremely high-risk based solely on the ambient temperature; humidity, air movement, the age of participants and other factors will be considered.
- 2.1.1.6. **TENPIN SA WILL NOT FORCE ANY MEMBER TO PARTICIPATE IN ANY SESSION OF PLAY**
- 2.1.2. Member Responsibilities
 - 2.1.2.1. Individuals have a responsibility and are encouraged to withdraw from an event if participating will result in placing them at risk of health implications.
 - 2.1.2.2. Members must read and understand the Tenpin SA Hot Weather Policy and any Sports Medicine Australia literature distributed by Tenpin SA.
 - 2.1.2.3. Members must follow directives give by Tenpin SA or one of its Officials
 - 2.1.2.4. Members must assess their own susceptibility to heat stress, using section *1.2.Factors of heat related illnesses* as a guide.
 - 2.1.2.4.1. If members are unsure whether high-risk conditions present an individual health risk, Professional Medical Advice must be sought.
 - 2.1.2.5. Individuals must inform Tenpin SA or one of its Officials if a member feels any symptoms as detailed in the Sports Medicine Australia 'Beat the Heat'¹ fact sheet.
- 3. The following provide useful information on hot weather and sport:
 - 3.1. Sports Medicine Australia (SMA) - Preventing Heat Illness in Sport Policy:
http://www.sma.org.au/information/preventing_heat_illness_in_sport_policy.asp
 - 3.2. Sports Medicine Australia (South Australian Branch), Hot Weather Guidelines:
[www.smasa.asn.au/documents/2009_hot_weather_guidelines_nat\)000.pdf](http://www.smasa.asn.au/documents/2009_hot_weather_guidelines_nat)000.pdf)
 - 3.3. Sports Medicine Australia (South Australian Branch) 'Beat the Heat' Fact Sheet:
www.smasa.asn.au/documents/2009_beat_the_heat_brochure_000.pdf
 - 3.4. Sports Medicine Australia (South Australian Branch) 'Drink Up' Flyer:
www.smasa.asn.au/resources/documents/2009_drink_up-printer-friendly.pdf

¹ Sports Medicine Australia, 2008, 'Beat the Heat', Department of Health and Ageing, Australia.