



# GREENHILLS AMATEUR BASKETBALL CLUB



## HEAT POLICY FOR TRAINING

1. When the expected temperature is or exceeds 37c, any training or activity involving physical exertion will be cancelled. Club management will cancel trainings at all venues that do not have cooling facilities.
2. When the temperature inside a venue exceeds 40c, all training involving physical exertion shall cease. Coaches may conduct meetings to discuss team strategy or progress.
3. If the venue temperature exceeds 30C or after consultation with coaches and parents they believe that the venue temperature has exceeded 30C and no evidence to the contrary is available, trainings shall be modified so that there is regular breaks to allow for hydration One minute break for every five minutes of physical activity.

\*At all trainings, regardless of the temperature, players should have regular access to water.