

HOT WEATHER GUIDE

1 PURPOSE

The aim of this guide is to ensure squash played in extreme weather conditions is safe for participants and spectators, by setting guidelines around healthy and safety.

2 SCOPE

This guide applies to any events or competitions run by either Squash WA, an affiliated Club, and/or court operators, and includes (but not limited to):

- Squash WA junior and senior pennant competitions
- Squash WA junior, senior and masters tournaments
- Squash WA school programs and competitions
- Other Squash WA sanctioned events and in-house competitions

3 PRINCIPLES

In general, squash facilities should be of a standard to provide satisfactory indoor temperature regulation for events and competitions throughout the year.

To assist in this, centre managers are strongly encouraged to include ceiling fans, air conditioning and/or other ventilation devices and must have free water available throughout the event.

When scheduling season fixtures and the tournament calendar, Squash WA should endeavour to make use of the most appropriate available facilities.

Temperature and humidity levels could be used to inform competition modifications as outlined in Sports Medicine Australia's Extreme Heat Policy (Appendix 1) where squash could be roughly categorised as having a Sports Risk Classification of Level 3.

4 ROLES

EVENT STAFF

Competition organisers, tournament directors and/or centre operators could use temperature and humidity levels as outlined in Sports Medicine Australia's Extreme Heat Policy (Appendix 1) to inform the judgement of any competition modifications.

As such they might consider making alterations to competitions, including, but not limited to, any of the following:

- Extend rest time between games (eg. from 90 seconds to 120 seconds).
- Give players on-court drinks breaks after a set number of rallies (eg. 10).
- Reduce the lengths of games (eg. 15 point-a-rally to 11 point-a-rally).
- Reduce the number of games per match (eg. best of 5 to best of 3).
- Reschedule, relocate or cancel matches if playing conditions are considered unsafe.

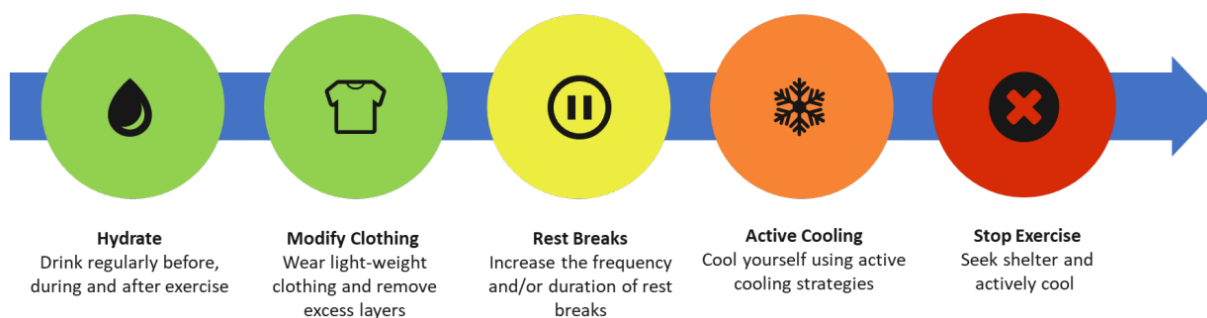
Event staff should also encourage everyone (e.g. players, spectators, coaches and referees) to be alert and to react to any signs of heat stress/potential distress in players.

PLAYERS

Players should consider the following:

- Actively work to reduce the risk of heat stress, using methods shown in the image below and outlined in Sports Medicine Australia's Extreme Heat Policy (Appendix 1).
- Request competition modifications, such as extended breaks between games.
- Stop play if feeling unwell or showing signs of distress.

AT A GLANCE – MITIGATING HEAT STRESS RISK



APPENDIX 1

Sports Medicine Australia: Extreme Heat Policy v1.0 February 2021: <https://sma.org.au/wp-content/uploads/2023/03/SMA-Extreme-Heat-Policy-2021-Final.pdf>

5 ACCOUNTABILITIES

Squash WA is responsible for ensuring that this guide is easily accessible to all who participate in squash at any level.

Version	Date	Amendments	Endorsed Date	Review Date
01	Jan 2025	Document developed	Feb 2025	Feb 2028

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