



North East Tennis Association Heat Policy

Dated: 31 Jul 08

Background

North East Tennis Association (NETA) has a duty of care to look after the health and well-being of all people engaging in tennis competitions that it administers. Heat stress is a serious health risk and the purpose of this policy is to manage this risk.

NETA administers competition tennis played outdoors during mornings, afternoons and evenings with participants vastly ranging in age and fitness levels. Children specifically are at a greater risk because their thermo-regulation mechanisms are not fully developed.

Tennis SA does not have a set Heat Policy due to geographic and hence environmental diversity across Adelaide and South Australia. The same can also be stated for NETA with courts located from Memorial Drive to the South, Kilburn to the West, Elizabeth to the North and Tea Tree Gully to the East. This policy must be consistent for playing conditions over this vast area. Adelaide in summer predominately has a dry climate which is a positive as high humidity significantly increases the likelihood of heat stress.

Tennis is a medium level intensity form of exercise, but is played on a hard court surface with little or no shade.

The following policy was devised after input from Sports Medicine Australia Policy Preventing Heat Illness in Sport, the Tennis South Australia Sun Smart Policy and the Tennis Queensland Extreme Heat Policy.

Summary

The most accurate method for determining the environmental conditions at which tennis should be suspended is by using the Apparent Temperature, also known as the Heat Index. This is however a complex method and thus the over-arching Heat Rule will be based on the Heat Index. Juniors will have fixed temperature stated in their match rules which will allow for easier administration of the heat policy which will cover most situations.

Definition of Heat Index

Heat Index is an index that combines air temperature and relative humidity in an attempt to determine the human-perceived equivalent temperature. For example, if the Temperature is 35°C and the Relative Humidity is 40%, the Heat Index is a value of 37. If the Temperature is 35°C and the Relative Humidity is 60%, the Heat Index is a value of 45.

Many sporting organisations use the Heat Index and associated table to determine when conditions are not suitable to play. This has been deemed unsuitable for a static rule due to the complexities involved, however it will be used by appropriate executive members to suspend play when conditions such as high humidity warrant it.



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Over-arching Heat Rule

The following minimum requirements will determine activation of this Heat Policy.

1. For players 16 years and younger all play must be suspended (on completion of the current game) and no further matches are to commence if:
 - a. The Heat Index is 35 or greater
 - b. The Absolute Temperature is 34 or greater
2. For players over 16 years of age all play must be suspended (on completion of the current game) and no further matches are to commence if the Heat Index is 35 or greater

AMBIENT (AIR) TEMPERATURE (°C)

	25	26	27	28	29	30	31	32	33	34	35	36	37	38	
R E L A T I V E H U M I D I T Y	0%	24	25	26	27	27	28	29	30	31	32	32	33	34	35
	5%	24	25	26	27	27	28	29	30	31	32	32	33	34	35
	10%	24	25	26	27	27	28	29	30	31	32	32	33	34	35
	15%	25	25	26	27	27	28	29	30	31	32	33	34	35	36
	20%	25	25	26	27	27	28	29	30	31	32	33	34	35	37
	25%	25	26	26	27	28	28	29	30	31	33	34	35	36	38
	30%	25	26	26	27	28	29	30	31	32	33	35	36	38	39
	35%	26	26	27	27	28	29	30	31	33	34	36	38	39	41
	40%	26	26	27	28	29	30	31	32	34	35	37	39	41	43
	45%	26	26	27	28	29	30	32	33	35	37	39	41	43	46
	50%	26	27	27	28	30	31	33	34	36	38	41	43	46	49
	55%	26	27	28	29	30	32	34	36	38	40	43	46	48	52
	60%	26	27	28	29	31	33	35	37	40	42	45	48	51	55
	65%	26	27	28	30	32	34	36	39	41	44	48	51	55	59
	70%	26	27	29	31	33	35	38	40	43	47	50	54	58	63
	75%	26	27	29	31	34	36	39	42	46	49	53	58	62	67
80%	26	28	30	32	35	38	41	44	48	52	57	61	66	71	
85%	26	28	30	33	36	39	43	47	51	55	60	65	70	76	
90%	26	28	31	34	37	41	45	49	54	58	64	69	75	81	
95%	26	28	31	35	38	42	47	51	57	62	68	74	80	87	
100%	26	28	32	36	40	44	49	54	60	66	72	78	85	92	

Heat Index Table

- 16 and Under play suspended
- All play suspended



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Static Junior Evening Rule

Friday Night minor round matches are cancelled if the temperature given on 5AA(1395am) at 5.00pm is 36 degrees or more.

Comments

1. Junior tennis at night starts at 6:30pm which is outside of the 11am-3pm high risk time, as the sun is lower in the sky.
2. The temperature after 5pm should be dropping and thus should be suitable for play.
3. We have used 5AA and not the 1196 phone service. The 1196 phone service is inconsistent as the temperature is constantly updated, and this could lead to some people thinking we are playing and other people thinking we are not.
4. The Friday night competition is for more advanced players who are normally older and/or more advanced in their tennis skills and fitness.
5. Giving early notice at 5pm allows for people to determine if play would be cancelled before starting their journey to the complex.
6. During major round matches play can start and finish later than normal. The determination on when it is suitable to start will be made at the discretion of the complex supervisor.
7. The heat index still applies but will only be activated by a member of the NETA Executive when conditions (unusually high humidity) warrant it, however this is rare in Adelaide.

Static Junior Morning Rule

Saturday Morning matches are cancelled if the temperature given, by phoning 1196 at 7.30am or anytime thereafter, is 34 degrees or more. For matches already in progress play shall be suspended automatically on the completion of the game currently being played.

Comments

1. It is assumed that the temperature will get hotter as the day progresses.
2. To cancel on a forecast temperature from the previous night is difficult due to fact that in Adelaide the early morning temperatures are normally mild and suitable for junior tennis.
3. The Saturday morning competition is beginner and intermediate players who are normally younger and/or less advanced in their tennis skills and fitness.
4. For the dry humidity climate of Adelaide (<20%) the apparent temperature from the Heat Index table will be 31 at an ambient temperature of 33 degrees.
5. This rule is also applicable for finals.
6. The heat index still applies but will only be activated by a member of the NETA Executive when conditions (unusually high humidity) warrant it, however this is rare in Adelaide.

Static Senior Afternoon Rule

The Senior Match Committee may postpone any round of matches if it deems that the weather (or any other) conditions warrant same. Any such decisions shall be put on the NETA "scores" website and clubs contacted by the Match Committee by phone by 12 noon. The Executive Committee is responsible for reinstating or canceling any such round.

Comments

1. Senior tennis starts at a time which is more suitable time for checking the Heat Index value (see over-arching rule), and still allowing a cancel decision to be disseminated to the clubs.
2. It is assumed that if any juniors are playing senior tennis they are of a suitable age and/or fitness to play under the same conditions as seniors.

Final Comment

Wear light clothing, a hat, sunscreen and sunglasses. Drink plenty of water before, during and after you play. Remember that Tennis is a game played of fun, not life and death, and no one can force you to play.