

PORT MACQUARIE CROQUET CLUB

HEAT POLICY

As a general policy we should “**listen to our bodies**“ and;

1. PLAYERS SHOULD **STOP PLAY** IF THEY FEEL.....
 - (a) Recurring light-headedness
 - (b) Nausea, excess fatigue or possible collapse
 - (c) Their skin colour lightens (e.g. turns pale grey)
2. Dehydration should be offset by drinking 2 or 3 cups of water per hour.
3. Sensible, well- vented , broad-brim hats should be worn.

NOTE:

In Port Macquarie, play should be suspended (and perhaps postponed) if:

- (a) a player feels ill (regardless of the heat); or
- (b) games should be re-scheduled to a cooler part of the day or to another day if the temperature exceeds 36° C.

Accepted by the committee on 7th November 2014.