

PORT MACQUARIE CROQUET CLUB
HEAT POLICY

As a general policy we should “listen to our bodies”.

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 rescheduled to a cooler part of the day or to another day if the temperature is excessive.

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