

EXTREME HEAT – HEALTH ALERT

The Bureau of Meteorology has forecast very high temperatures for Western Australia **in the coming week.**

“Playing Tennis in extreme heat greatly increase the risk of Heat Stress and other heat related medical conditions”

In recognition of the risks associated with extreme heat, ATO Officials and Administrators responsible for organising and managing tournaments and competitions (Club Supervisors) are reminded that they must at all times place the health, safety and welfare of players, officials, coaching staff and guests ahead of the tournament or competition, irrespective of the inconvenience, cost or other considerations.

The Tennis Australia Extreme Weather Policy outlines the maximum Wet Bulb Globe Temperatures (WBGT) for which Tennis should be played, however the policy provides for some discretion for organisers to cease playing Tennis prior to these thresholds being met if local conditions warrant.

What else can be done to mitigate the risk?

1. Drink water – stay hydrated
2. Keep cool – shade and air conditioning as much as possible
3. Use sun protection – 30+ sunscreen and wear a hat
4. Avoid the sun during the peak – 11am to 5pm
5. Provide wet/Ice towels for players

For further information please refer to the Tennis Australia Extreme Weather Policy.

https://www.tennis.com.au/wp-content/uploads/2018/07/TA_Extreme_Weather_Policy_July_2018.pdf