

MANLY EAGLES BASEBALL CLUB

Heat Policy

Preventing and managing heat-related illness in baseball • 2026 review

Our commitment

MEBC is committed to providing a safe environment for baseball. Heat risk will be assessed using the approved Heat Stress Risk Index (HSRI) calculator together with current conditions, participant welfare and common sense. No game, training session or result is more important than a person's health.

Policy owner	MEBC Board
Responsible officers	President; Game Day Ground Manager; plate umpire; Head Coach; team coaches and managers
Applies to	Players, coaches, officials, volunteers, support personnel, parents/guardians and spectators participating in or supporting MEBC activities
Approval date	14/08/26
Next review	Two years after approval, or earlier if governing-body requirements or health guidance change
Related documents	Baseball NSW Extreme Heat Policy; MEBC Emergency and Incident Procedures; First Aid arrangements; Member Protection Policy

Competition rule: A current Baseball NSW, MWDBA, competition, venue or public-authority direction prevails where it imposes a different or higher requirement.

1. Purpose

This policy sets out how MEBC will identify, reduce and respond to heat risk at games, training, trials, clinics and other baseball activities. It combines the Baseball NSW heat-risk approach and the supplied HSRI calculator with current public-health guidance.

2. Scope and guiding principles

- Heat risk is not determined by air temperature alone. Humidity, wind, direct sun, clothing and protective equipment, activity intensity, duration and individual factors all matter.
- The HSRI is a decision-support tool, not a guarantee of safety. Observable distress, local conditions or missing/unreliable data may require stronger action at any score.
- A participant may stop, rest, leave the field or decline to participate because of heat without criticism or pressure.
- Children, newly acclimatised participants and people with relevant health conditions require particular care.
- Where activity is suspended, safety and recovery take priority over completing the fixture or session.

3. Responsibilities and authority

3.1 MEBC Board and President

- maintain this policy, the approved calculator and suitable records;
- ensure coaches, managers and relevant officials know the heat procedure;
- plan reasonable access to drinking water, shade, cooling equipment, first aid and emergency communication; and
- communicate cancellations or changes and review heat-related incidents.

3.2 Games

The plate umpire, field umpires and Game Day Ground Manager should calculate and monitor the HSRI and agree appropriate controls. The plate umpire retains authority over play under the applicable rules. Any person may report a welfare concern; an emergency response must not await consensus.

3.3 Training and Club activities

The Head Coach, session coach or activity leader must assess conditions and may shorten, modify, relocate, postpone or cancel the activity. A manager may assist with weather data and records. Parents/guardians retain responsibility for decisions concerning their child.

3.4 Participants

- arrive appropriately hydrated and bring sufficient water;
- disclose relevant limitations privately where needed for safe participation;
- use shade and cooling opportunities; and
- report symptoms in themselves or others immediately.

4. Heat Stress Risk Index (HSRI)

MEBC will use the approved Baseball NSW/Sports Medicine Australia human heat-balance calculator supplied with this policy. Enter conditions for the venue and relevant time: air temperature in the shade (°C), relative humidity (%), wind speed (km/h), sunshine input and the calculator's seasonal/month input. Record the resulting HSRI without rounding it into a lower band.

Use the nearest representative data

Use current Bureau of Meteorology observations or forecasts from the closest representative station. If that station is distant or does not reflect the venue, use another reliable local source and record it. Direct observations at the ground always remain relevant.

HSRI	Risk	Decision	Minimum response
0–4	LOW	Proceed with usual heat precautions.	Water available; normal breaks; shade encouraged; observe participants.
5–7	MODERATE	Add controls and monitor closely.	Extra drink/cooling breaks; reduce unnecessary warm-up or workload; watch for cramps, dizziness, headache and unusual fatigue.
8–10	HIGH	Use extended controls; modification is expected.	More frequent and longer breaks; rotate or remove participants; reduce innings/workload; consider delaying, relocating or shortening activity.
>10	EXTREME	Consider suspension. Do not commence or continue unless risk can be reduced to an acceptable level.	Apply all controls; suspend and reassess regularly. Resume only when HSRI is 10 or below and the responsible officials are satisfied conditions and participant welfare are safe.

Boundary rule: A score of exactly 10 remains in the 8–10 band; only a result greater than 10 is in the extreme band. Common sense may require suspension at any score.

5. When to assess and reassess

- Planning: check the BOM forecast and heatwave warnings when scheduling or confirming an activity, ideally the day before and again on the day.
- Games: calculate the current HSRI before the plate meeting. If the actual or hourly forecast score is above 4, reassess at least hourly and whenever conditions materially change.
- Training: calculate using the forecast for each relevant hour before the session. If any forecast score is above 4, monitor and reassess at least hourly during the session.
- Reassess immediately if cloud cover, sun, wind or humidity changes, the activity becomes more intense, or a participant displays symptoms.
- If reliable inputs are unavailable, make a conservative decision based on conditions, protective equipment, participant factors and observed welfare.

6. Pre-activity procedure

1. Nominate the responsible decision-maker and the person recording conditions.
2. Check BOM warnings and hourly conditions for the venue; identify the closest representative observation source.
3. Calculate and record the HSRI for the start time and relevant later hours.
4. Identify higher-risk participants and roles, including juniors, catchers, umpires and anyone wearing substantial protective equipment.
5. Confirm drinking water, shade, breaks, cooling supplies, first aid, a charged phone and vehicle access for emergency services.
6. Select controls for the band and communicate them before activity starts.
7. Decide whether to commence, modify, delay, relocate, shorten, postpone or cancel.

7. Heat controls

7.1 Scheduling and workload

- Where practicable, schedule high-intensity activity for cooler parts of the day and avoid long, unnecessary warm-ups.
- Reduce session length, repetitions, running volume and consecutive innings; rotate field positions and battery roles.
- Increase break frequency and duration. Breaks should be in shade or a cooler indoor area where available.
- Permit immediate substitution or withdrawal for heat concerns, subject to competition rules; seek a safety-based variation from the controlling body where needed.

7.2 Hydration

- Provide unrestricted access to cool drinking water. Do not use thirst, restricted drink breaks or forced over-drinking as a strategy.
- Encourage participants to begin hydrated, drink regularly to personal needs and continue replacing fluid after activity.
- For prolonged or heavy sweating, an appropriate electrolyte drink may assist. Individual medical or nutrition advice takes priority.
- Alcohol is not a hydration strategy and must not be consumed by participants before or during play or training.

7.3 Cooling and clothing

- Use shade, fans or air-conditioned rooms where available; provide cool wet towels, water spray, ice and cold drinks.
- Remove helmets, catcher's gear and other protective equipment during breaks when safe, and minimise time worn when not required.
- Wear light, breathable uniform layers where rules permit. Avoid unnecessary compression or insulating garments.
- Consider pre-cooling with cold drinks, ice slurry or wet towels for higher-risk conditions.

8. Juniors and higher-risk participants

Risk varies between people. The responsible leader must use a more conservative approach where a participant:

- is a child or adolescent, an older adult, pregnant, or has a disability affecting communication, mobility or temperature regulation;
- is unwell, sleep-deprived, dehydrated, recovering from recent heat illness, or returning after a break from hot-weather activity;
- has a heart, lung, kidney, neurological or other relevant condition, or takes medication that may affect hydration or heat tolerance;
- is not acclimatised to the heat, has travelled from a cooler climate, or is completing unusually intense or prolonged activity;
- wears protective equipment or performs a high-workload role such as catcher, pitcher, umpire or coach repeatedly throwing batting practice.

A participant is not required to disclose a diagnosis publicly. They or their parent/guardian should seek medical advice about safe participation where relevant. Coaches must not diagnose, alter medication or override medical advice.

Junior safeguard

A junior must not be left alone when unwell. Contact their parent/guardian promptly, maintain supervision and escalate to 000 when symptoms suggest heat stroke or another emergency.

9. Games: suspension and resumption

- Before play, the plate umpire and Ground Manager should confirm the current score, planned controls, reassessment time and emergency arrangements.
- If HSRI exceeds 10, or welfare concerns make play unsafe, the plate umpire should suspend play while controls are applied and conditions are reassessed.
- During a suspension, move people to shade/cooling, loosen or remove unnecessary equipment, provide drinks to those able to drink safely, and monitor for illness.
- Play should resume only when the HSRI is 10 or below and the plate umpire, other match officials and Ground Manager are satisfied that conditions and participant welfare permit it.
- If play cannot safely resume, record the outcome in accordance with the current competition rules. The attached Baseball NSW source describes a heat-out as a no-game; the current competition rule must be checked before recording a result.

10. Training and other activities

- The coach or activity leader may stop or modify the session at any time and should suspend when HSRI exceeds 10 unless effective controls promptly reduce risk.
- Move indoor, use a lower-intensity technical session, shorten the session or cancel where safer.
- No player should be penalised in selection or participation for withdrawing because of heat symptoms or a reasonable health concern.
- Training alone or without an authorised coach does not remove heat risk. MEBC facilities and equipment may only be used in accordance with Club access rules.

11. Recognising and responding to heat illness

Treat any deterioration seriously. Heat exhaustion can progress rapidly to heat stroke. When uncertain, stop activity, begin cooling and seek medical advice.

Condition	Signs may include	Immediate action
Heat cramps / early distress	Painful cramps, thirst, headache, unusual fatigue.	Stop activity; move to shade/cool area; cool the person; drink water if fully alert and able. Seek advice if symptoms persist.
Heat exhaustion	Heavy sweating; pale, cool or clammy skin; dizziness or fainting; weakness; headache; nausea/vomiting; irritability; cramps; rapid breathing or pulse; reduced urine.	Stop activity; lie down in a cool area; loosen/remove excess clothing and equipment; actively cool; give water in small amounts if fully alert and not vomiting. Seek medical care if not improving.
Possible heat stroke — MEDICAL EMERGENCY	Confusion, slurred speech, agitation, poor coordination, collapse or loss of consciousness, seizure, very high temperature, hot skin (which may be dry or sweaty), rapid breathing or strong rapid pulse.	CALL 000 IMMEDIATELY. Move to shade/cool area; remove excess clothing/equipment; start rapid active cooling; monitor airway and breathing. Recovery position if unconscious and breathing; CPR/AED if required. Do not give fluids to anyone who is unconscious, confused, having a seizure or unable to swallow safely.
Heat stroke: call 000 and cool now Cooling must begin immediately while an ambulance is called. Use the fastest safe method available: cool shower or water spray with fanning, wet clothing/skin, cool wet towels, or wrapped ice packs at the neck, armpits and groin. Cold-water immersion may be used only where suitable equipment, trained supervision and continuous airway monitoring are available. Follow the emergency call-taker's instructions.		

12. After an illness or incident

- Do not allow a person with suspected heat stroke to return to activity that day. Medical assessment and clearance are required before return.
- A person with heat exhaustion should not return that day unless appropriately assessed and clearly recovered; a conservative approach is required for juniors.
- Complete the MEBC incident report and preserve privacy. Notify a parent/guardian for a junior and make any governing-body, insurer or regulator notification required.
- Review the conditions, HSRI record, controls and response, and update arrangements before the next activity.

13. Communication, postponement and cancellation

- The President, competition contact, Ground Manager or delegated officer will issue official MEBC communications through approved channels.
- State what activity is affected, the decision, effective time, revised arrangements if known, and when the next update will occur.
- Do not publish a participant's health information. Direct media or public enquiries about an incident to the authorised Club spokesperson.
- Where another body controls the fixture or venue, MEBC will promptly relay its direction and may still apply stronger participant protections within its authority.

14. Records

For any activity where the HSRI is above 4, conditions materially change, controls are added, or play is modified/suspended, record the assessment. Retain the record with the relevant game, training or incident documentation.

Date / activity / venue	_____
Assessor and role	_____
Time assessed	_____ Next review: _____
Weather source / station	_____
Air temperature (shade)	_____ °C
Relative humidity	_____ %
Wind speed	_____ km/h
Sun input (0–4)	_____
Season/month input	_____
HSRI result	_____ Band: _____
Controls / decision	_____ _____
Welfare concerns / incident no.	_____

Appendix A — Pre-activity heat checklist

Done	Check	Record
☐	Responsible decision-maker and recorder identified	Notes: _____
☐	BOM forecast, observations and heatwave warnings checked	Notes: _____
☐	HSRI calculated for the start and relevant later hours	Notes: _____
☐	Local sun, shade, wind and surface conditions considered	Notes: _____
☐	Higher-risk participants and high-equipment roles considered	Notes: _____
☐	Cool drinking water available and accessible	Notes: _____
☐	Shaded or cooler recovery area available	Notes: _____
☐	Break frequency, duration and player rotations set	Notes: _____
☐	Cooling supplies ready (water spray, towels, ice/fan as available)	Notes: _____
☐	First aid, charged phone, venue address and ambulance access confirmed	Notes: _____
☐	Participants/parents/officials told the controls and next review time	Notes: _____
☐	Decision recorded: proceed / modify / delay / relocate / postpone / cancel	Notes: _____

Appendix B — Quick decision card

HSRI	Action
0–4	Usual precautions
5–7	Extra drink/cooling breaks; closer monitoring
8–10	Extended controls; reduce workload; consider delay/shortening
>10	Consider suspension; reassess and resume only at ≤10 if safe
Emergency Confusion, collapse, seizure, altered behaviour or loss of consciousness may indicate heat stroke: CALL 000 and start rapid cooling immediately.	

Definitions

Approved calculator	The human heat-balance/HSRI spreadsheet adopted by MEBC and supplied with this policy, or a later tool mandated by Baseball NSW.
BOM	Australian Bureau of Meteorology.
Heat-out	A game outcome described in the attached Baseball NSW source; the current competition rules determine how it is recorded.
HSRI	Heat Stress Risk Index: a numerical estimate combining environmental conditions, radiant heat and assumptions about baseball activity, clothing and heat balance.
Responsible leader	The person with operational authority for the activity, such as the plate umpire/Ground Manager for a game or coach/activity leader for training.
Suspend	Temporarily stop activity while people cool and conditions are reassessed. Suspension may lead to resumption, postponement or cancellation.

Approval and amendment history

Version	Approval date	Effective date	Summary
1.0	14/08/26	14/08/26	New MEBC policy based on the attached Baseball NSW Heat Policy and HSRI calculator, updated for current NSW health guidance.

Pre-adoption confirmation checklist

- Confirm the current Baseball NSW and MWDBA heat requirements and competition treatment of a heat-out.
- Approve and identify the controlled version of the HSRI calculator.
- Confirm the weather source, Ground Manager responsibility and game-day record location.
- Confirm water, shade, cooling, first-aid kit, AED, emergency address and ambulance access arrangements at each regular venue.
- Brief coaches, managers, umpires and volunteers before summer activity and publish the participant summary.

Baseball NSW Heat Policy (January 2021 v1.0); supplied Human Heat Balance/HSRI calculator; Sports Medicine Australia Extreme Heat Policy (2021); NSW Health heat-related illness guidance; and Bureau of Meteorology heatwave services. This policy supports operational decisions and does not replace medical advice or emergency-service directions.