



HOT WEATHER GUIDANCE

General guidance for parents:

- Children should wear sun cream for matches and training.
- Players to wear broad brimmed hats and sunglasses in the field.
- Children should bring a water bottle to cricket and be encouraged to sip from it regularly rather than take large gulps infrequently.
- Do not over commit! Children should only play one match a day in normal circumstances but certainly during periods of hot weather, also think sensibly about Under 18s playing in matches on consecutive days.

Host clubs should:

- Ensure there is shade/shelter available for all players during the break and for the batting side during their innings.
- Fulfil their obligations around providing refreshments – a drink and snack during the innings break and provide squash or water for drinks breaks.

Guidance for Coaches, Umpires and Match Managers:

- Positively ensure that all players drink sufficient fluids before, during and after the match.
- Have organised drinks breaks halfway through each innings or every ten overs whichever is more frequent.
- Call additional impromptu drinks breaks if it is felt necessary.
- Wicket-keepers, batters, and fast bowlers are especially subject to heat stress due to the intense exercise and/or padding and helmets. Umpires, Coaches and Managers should pay special attention to these players. They should suggest players wearing helmets remove them between overs. Fast bowlers should bowl shorter spells than they normally would.
- Suggest players reapply sun cream between innings.
- If any signs of heat illness are detected those players must be immediately removed from play and cooled. If there is any doubt about a player's recovery and ability to take any further part in the match, then the responsible adult with the team should err on the side of caution and not allow the player to return.

Additionally:

- If possible, consider rescheduling the time of matches or training away from the middle of the afternoon when the sun will be hottest.
- For league matches longer than 20 overs managers can agree to reduce the overs in very hot weather.
- When the air temperature is **above 34 degrees** Celsius the umpires may consider that the conditions are unsuitable for play and may call the game off. In this case the result should be recorded in the same way as if the match had been rained off. For the purposes of determining the air temperature, measurements should be taken in the shade at a height of 1.2m above the ground. Car temperature gauges are not reliable and should not be used for this purpose.