



**SSCA SUPPLEMENT PLAYING
CONDITIONS
2023- 2024 Season**

Adverse Weather



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SSCA Playing condition - 2.4 Fitness of conditions for play applies to all decisions relating to use of these Adverse Weather Guidelines

2.4.1	In Association matches, official umpires have sole discretion in deciding whether conditions are fit for play. For games which have not been assigned official umpires, captains must agree on whether conditions are fit for play. If the captains disagree, the duty umpires should decide. If the duty umpires disagree, play is suspended or remains suspended.
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Mobile phone & tablet users:

For ease of access QR Codes are provided for sites and information referenced in these playing conditions



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1. Heat Guidelines

Heat Stress Management Interventions must take a common-sense approach and are provided by way of guidance.

In situations when there is concern for players welfare due to heat, consider implementing heat stress management actions, regardless of the HSRI.

If the forecast temperature for a playing day is $>37^{\circ}\text{C}$

- **Pre-Match:**

Calculate the Heat Stress Risk Index using the Cricket NSW HSRI tool is available on the MyCricket website.

- **During the match:**

If either team's captain has concerns on the weather conditions a calculation of the Heat Stress Risk Index should be made using the Cricket NSW HSRI tool.

1.1. Calculating the HSRI

The following key values are needed to calculate the HSRI:

- air temperature in the shade ($^{\circ}\text{C}$);
- wind speed (in km/h);
- relative humidity (%).
- sun radiation (clear sky, partly cloudy, overcast or night)

Air temperature, wind speed and relative humidity are to be obtained from the Australian Bureau of Meteorology (BOM) (<http://www.bom.gov.au>) website or application.



BOM website



BOM Weather App

***Application can be downloaded
from Apple or Google Play store***

When using the BOM Application the following condition selections are to be used for each ground:

Caringbah Conditions	Engadine Conditions
Box Road	Akuna Oval
Corea St	Anzac (1 & 2)
Grays Point	Barden Ridge (1/2, 3/4, 9/10)
Gwawley (North, East & West)	Boys Town (North & South)
Gymea Bay	Casurina Road (Alfords Point)
Kareela South	Heathcote (1 and 2)
Marton Park	Jannali
Solander (North & South)	Kingswood Road
Woolooware High School	Lakewood City
Woolooware Oval	Loftus Oval
	Oyster Bay
	Scylla Bay
	Sutherland Oval
	Woronora Heights



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1.2. Heat Stress Management Actions

- i. **HSRI rating is between 0 to 3** (inclusive): conditions not extreme, manage heat as usual (drinks, wear hats, long sleeve shirts, apply sunscreen etc).
- ii. **HSRI rating is between 4 to 7** (inclusive): consider extra, or more regular, drinks breaks (e.g. every 30 - 60 mins).
Once HSRI is >5 be extra vigilant in monitoring players for signs of heat stress illness such as muscle cramping, dizziness, excessive fatigue etc.
- iii. **HSRI rating is between 8 to 10** (inclusive): have longer drinks breaks to allow players to come off the field to cool down and rehydrate (e.g., 20 – 30 mins).
- iv. **HSRI rating is above 10**: consideration to suspend until conditions have improved (<10) or abandoning the match

Junior and adolescent players are at a higher risk of heat illness, compared to adult and elite players.

As such a more conservative approach to playing in the heat is required for those under the age of 18 years of age

1.3. Managing Players Suffering Heat Stress

Be aware of individual players condition throughout play and if a player is suspected of suffering or is suffering from Heat Stress:

- Remove the player from the field immediately
- Lie them down
- Loosen and remove excessive clothing & cool by fanning
- Give cool water to drink if conscious
- Apply wrapped ice packs to groins and armpits
- Seek medical assistance if these symptoms don't improve rapidly

If a player leaves the field due to concerns around Heat Stress

Bowler	Law 17.8 applies 17.8 Bowler incapacitated or suspended during an over If for any reason a bowler is incapacitated while running up to deliver the first ball of an over, or is incapacitated or suspended during an over, the umpire shall call and signal Dead ball. Another bowler shall complete the over from the same end, provided that he/she does not bowl two overs consecutively, nor bowl parts of each of two consecutive overs, in that innings.
Batsman	Laws 25.4.2 and 25.4.4 apply 25.4.2 If a batsman retires because of illness, injury or any other unavoidable cause, that batsman is entitled to resume his/her innings. If for any reason this does not happen, that batsman is to be recorded as 'Retired - not out'. 25.4.4 If after retiring a batsman resumes his/her innings, subject to the requirements of 25.4.2 and 25.4.3, it shall be only at the fall of a wicket or the retirement of another batsman.
Fielder	Law 24.1 (including SSCA conditions) applies



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	<p>24.1.1 The umpires shall allow a substitute fielder</p> <p>24.1.1.1 if they are satisfied that a fielder has been injured or become ill and that this occurred during the match, or</p> <p>24.1.1.2 for any other wholly acceptable reason.</p> <p>In all other circumstances, a substitute is not allowed.</p> <p>24.1.2 A substitute shall not bowl or act as captain but may act as wicket-keeper only with the consent of the umpires.</p> <p>24.1 SSCA conditions</p> <p>24.1.1 Substitute fielders must be members of the club they are substituting for and must be registered with the Association.</p> <p>24.1.2 Unless prior approval from the Secretary has been sought, no player may substitute field in a grade in which they are not eligible to play.</p> <p>24.1.3 A team may not field more than three substitute fielders at the same time.</p>
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Appendix1 – Player Risk Management Strategies provides guidelines on actions to be taken to manage player safety and if a player is suspected of or is displaying heat stress.



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2. Air Quality Guidelines

Air Quality Interventions must take a common-sense approach and are provided by way of guidance.

In situations when there is concern for players welfare due to air quality, consider implementing management actions, regardless of the prevailing air quality category.

If there is a concern about the air quality for a playing day:



[Air Visual - Live Quality Map \(AQI, PM2.5\)](#)

Note:

When Accessing the site expand the site to the Sutherland Shire area using the “zoom function”

- **Pre-Match:**

Obtain an air quality reading using from Air Visual's Live Air quality map web site ([Air Visual - Live Quality Map \(AQI, PM2.5\)](#))

- **During the match:**

If either team's captain has concerns on the air quality obtain an air quality reading using from Air Visual's Live Air quality map web site ([Air Visual - Live Quality Map \(AQI, PM2.5\)](#))

2.1. Assessing Playing Conditions:

Air Quality Categories:

	Green	Good
	Yellow	Moderate / Fair
	Orange	Poor / Unhealthy for Sensitive Groups
	Red	Very poor / Unhealthy
	Brown	Extremely poor / Unhealthy / Hazardous

Use the following condition readings are to be used for each ground:

Cronulla	Grays Point	Jannali
Gwawley (North, East & West) Kareela South Marton Park Solander (North & South) Woolooware High School Woolooware Oval	Box Road Corea St Grays Point Gymea Bay Kareela South Loftus Oval	Akuna Oval Anzac (1 & 2) Barden Ridge (1/2, 3/4, 9/10) Boys Town (North & South) Casurina Road (Alfords Point) Heathcote (1 and 2) Jannali Kingswood Road Lakewood City Oyster Bay Scylla Bay Sutherland Oval Woronora Heights

Be aware of individual players when assessing playing conditions and throughout play if a player is suspected of suffering or likely to suffer distress.



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2.2. Air Quality Management Actions:

Air quality category	General health advice and recommended actions	
	Sensitive groups including:	Everyone else
	<ul style="list-style-type: none"> people with a heart or lung condition, including asthma people over the age of 65 	
Good	<ul style="list-style-type: none"> No Change to playing conditions. 	<ul style="list-style-type: none"> No Change to playing conditions.
Moderate / Fair	<ul style="list-style-type: none"> Reduce activity and take a break immediately if you develop symptoms such as cough or shortness of breath. Consider rotating players and/or allowing player(s) to take additional breaks 	<ul style="list-style-type: none"> No Change to playing conditions.
Poor / Unhealthy for Sensitive Groups	<ul style="list-style-type: none"> Avoid playing and physical activity if you have or develop symptoms such as cough or shortness of breath. 	<ul style="list-style-type: none"> Reduce physical activity and/or immediately take a break (bowling or batting) if you develop symptoms such as cough or shortness of breath. <p>If a bowler: Law 17.8 applies 17.8 Bowler incapacitated or suspended during an over If for any reason a bowler is incapacitated while running up to deliver the first ball of an over, or is incapacitated or suspended during an over, the umpire shall call and signal Dead ball. Another bowler shall complete the over from the same end, provided that he/she does not bowl two overs consecutively, nor bowl parts of each of two consecutive overs, in that innings.</p> <p>If a batsman: Laws 25.4.2 and 25.4.4 apply 25.4.2 If a batsman retires because of illness, injury or any other unavoidable cause, that batsman is entitled to resume his/her innings. If for any reason this does not happen, that batsman is to be recorded as 'Retired - not out'. 25.4.4 If after retiring a batsman resumes his/her innings, subject to the requirements of 25.4.2 and 25.4.3, it shall be only at the fall of a wicket or the retirement of another batsman.</p>
Unhealthy / Very poor	<ul style="list-style-type: none"> Consider not playing or suspending play until conditions until air quality is better. 	
Very Unhealthy / Hazardous / Extremely poor	<ul style="list-style-type: none"> Suspend play 	



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3. Match Results

If heat or air quality conditions impact on a match the following results will apply:

Two Day Match

		Decision	Result	Points
2 Day	Day 1	No Play	Playing condition 43.4 Applies Should no play take place on Day 1, the match will be played on Day 2 as a 30 over match.	Normal result points
		Play suspended after play commences	43.4 Interruptions to play 43.4.1 If there is an interruption to play during the innings of a team batting first, the allotted overs for each team will be reduced by one for every eight minutes of playing time lost. This may result in the team batting first continuing its innings on Day 2. 43.4.2 If captains disagree on whether play can take place (or continue) on Day 1, both teams must stay at the ground for at least two hours before play is abandoned for the day, or until the captains reach agreement.	Normal Result points
	Day 2	No play or Play suspended after play commences	43.5 Match abandoned 43.5.1 If interruptions to play prevent the team batting second from facing its allotted overs by the scheduled finish time on Day 2, the match will be abandoned (unless a result has already been achieved). 43.5.2 If interruptions to play result in less than 30 overs having been completed by each side, the match will be abandoned (unless a result has already been achieved). Clarifying Note: If a team is dismissed or declares its innings closed having faced less than 30 overs, it will be considered to have been completed for the purposes of 43.5.2.	Normal result points Drawn match



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One Day Match

		Decision	Result	Points
1 Day	Day 1	No Play	Match Abandoned	Drawn match
		Play suspended after play commences	<p>44.5 Interruptions to play</p> <p>44.5.1 If there is an interruption to play during the innings of a team batting first, the allotted overs for each team will be reduced by one for every eight minutes of playing time lost.</p> <p>44.5.2 If captains disagree on whether play can take place, both teams must stay at the ground for at least two hours before play is abandoned for the day, or until the captains reach agreement.</p> <p>44.6 Match Abandoned</p> <p>44.6.1 If interruptions to play prevent the team batting second from facing its allotted overs by the scheduled finish time, the match will be abandoned (unless a result has already been achieved).</p> <p>44.6.2 If interruptions to play result in less than 15 overs having been completed by each side, the match will be abandoned (unless a result has already been achieved).</p> <p>Clarifying Note:</p> <p>If a team is dismissed or declares its innings closed having faced less than 15 overs, it will be considered to have been completed for the purposes of 44.6.2.</p>	Normal result points



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Appendix 1 – Player Heat Risk Management Strategies

Substantial amounts of water are lost through sweating when exercising vigorously in the heat. During strenuous exercise sports people often replace only half their sweat losses, but they tolerate moderate levels of dehydration well.

To minimise dehydration, drink about two cups of water in the 2 hours before exercising.

During exercise lasting 60 minutes or longer, 2-3 cups (500-750 ml) of cool water or sports drink per hour are sufficient for most sports.

Player management actions:

- Increase player rest and rotation
- Extended or increase the amount of drinks breaks. Every 30-60 minutes, with increased frequency as heat extremities increase. Players should have their own drink bottles.
- Sun protective measures - **Slip** on covering clothing; **Slop** on SPF30+ sunscreen; **Slap** on a hat; **Seek** shade when possible; **Slide** on some sunglasses
- Drink plenty of water before, during and post-match or cricket activity

Symptoms of Heat Injury or Heat Stroke

It is important to be aware and react quickly to the following symptoms of heat injury or heat stroke:

- Fatigue
- Nausea
- Headache
- Confusion; and
- Light-headedness.







What to do if someone is affected by heat:

- Lie the victim down,
- Loosen and remove excessive clothing & cool by fanning,
- Give cool water to drink if conscious,
- Apply wrapped ice packs to groins and armpits,
- Seek medical assistance if these symptoms don't improve rapidly.

Please be aware of other participants and officials who may not be aware of the effects of heat stress or dehydration.

Heat stroke should be treated immediately by a medical professional.

More information can be found at:

 CA Community Cricket Playing in Heat Guidelines + (Word document)	 CA Heat Stress Risk Index Calculator (HSRI) + (Excel Spreadsheet)	 CA Community Cricket Heat Guidelines & Resources +	 NSW Extreme-Heat Policy	 Sports Medicine Australia Hot Weather Information +	 Cancer Council - Be Sun Smart ±
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Appendix 2 – Air Quality Activity Management Information



[NSW Government - Understanding Air Quality Data](#)

Air quality category	General health advice and recommended actions	
	Sensitive groups including:	Everyone else
	<ul style="list-style-type: none"> people with a heart or lung condition, including asthma people over the age of 65 infants and children pregnant women 	
Good	<ul style="list-style-type: none"> NO CHANGE needed to your normal outdoor activities. 	<ul style="list-style-type: none"> NO CHANGE needed to your normal outdoor activities.
Fair	<ul style="list-style-type: none"> REDUCE outdoor physical activity if you develop symptoms such as cough or shortness of breath. Consider closing windows and doors until outdoor air quality is better. Follow the treatment plan recommended by your doctor. If you are concerned about symptoms call the 24-hour HealthDirect helpline on 1800 022 222 or see your doctor. In a health emergency, call triple zero (000) for an ambulance. 	<ul style="list-style-type: none"> NO CHANGE needed to your normal outdoor activities.
Poor	<ul style="list-style-type: none"> AVOID outdoor physical activity if you develop symptoms such as cough or shortness of breath. When indoors, close windows and doors until outdoor air quality is better. Follow the treatment plan recommended by your doctor. If you are concerned about symptoms call the 24-hour HealthDirect helpline on 1800 022 222 or see your doctor. In a health emergency, call triple zero (000) for an ambulance. 	<ul style="list-style-type: none"> REDUCE outdoor physical activity if you develop symptoms such as cough or shortness of breath.
Very poor	<ul style="list-style-type: none"> STAY INDOORS as much as possible with windows and doors closed until outdoor air quality is better. If you feel that the air in your home is uncomfortable, consider going to a place with cleaner air (such as an air-conditioned building like a library or shopping centre) if it is safe to do so. Actively monitor symptoms and follow the treatment plan recommended by your doctor. 	<ul style="list-style-type: none"> AVOID outdoor physical activity if you develop symptoms such as cough or shortness of breath. When indoors, close windows and doors until outdoor air quality is better. If you are concerned about symptoms call the 24-hour HealthDirect helpline on 1800 022 222 or see your doctor. In a health emergency, call triple zero (000) for an ambulance.



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	<ul style="list-style-type: none">• If you are concerned about symptoms call the 24-hour HealthDirect helpline on 1800 022 222 or see your doctor.• In a health emergency, call triple zero (000) for an ambulance.	
Extremely poor	<ul style="list-style-type: none">• STAY INDOORS with windows and doors closed until outdoor air quality is better and reduce indoor activity.• If you feel that the air in your home is uncomfortable, consider going to a place with cleaner air (such as an air-conditioned building like a library or shopping centre) if it is safe to do so.• Actively monitor symptoms and follow the treatment plan recommended by your doctor.• If you are concerned about symptoms call the 24-hour HealthDirect helpline on 1800 022 222 or see your doctor.• In a health emergency, call triple zero (000) for an ambulance.	<ul style="list-style-type: none">• STAY INDOORS as much as possible with windows and doors closed until outdoor air quality is better.• If you feel that the air in your home is uncomfortable, consider going to a place with cleaner air (such as an air-conditioned building like a library or shopping centre) if it is safe to do so.• If you are concerned about symptoms call the 24-hour HealthDirect helpline on 1800 022 222 or see your doctor.• In a health emergency, call triple zero (000) for an ambulance.