

SHOULD WE PLAY OR TRAIN TODAY?



How to stay safe when it's hot

Cricket Australia's sport scientists have developed the Heat Stress Risk Index to help you manage the health risks of playing cricket in hot and humid conditions.

The tool accounts for:

- Air temperature – higher temperatures heat the body
- Relative humidity – higher humidity impedes bodily cooling through sweat
- Wind speed – higher wind speeds help cool the body
- The sun – direct sunlight increases the temperature

The tool helps you identify a risk rating and appropriate mitigation strategies. The tool can be used for both games and training. Be aware that training often takes place during the hottest part of the day.

Risk Level	Strong Recommendation
0–4	Play or train as normal
5–7	Allow for more regular drinks breaks
8–10	Allow for extended drinks breaks Allow for water requests on demand Watch out for the health of players! Children and older adults are at more risk of heat illness.
10+	Suspend or cancel games Suspend training

You can access Australian Cricket's Playing in the Heat Guidelines for Community Cricket, including the Heat Stress Risk Index Tool by scanning the QR code.



This publication is created and published for informational purposes only. It is not intended to be a substitute for any individual situation, professional medical advice and should not be relied on as health or personal advice. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition.

Marsh Pty Ltd (ABN 86 004 651 512, AFSL 238983) ("Marsh") arrange the insurance and is not the insurer. The Discretionary Trust Arrangement is issued by the Trustee, JLT Group Services Pty Ltd (ABN 26 004 485 214, AFSL 417964) ("JGS"). JGS is part of the Marsh group of companies. Any advice in relation to the Discretionary Trust Arrangement is provided by JLT Risk Solutions Pty Ltd (ABN 69 009 098 864, AFSL 226827) which is a related entity of Marsh. The information contained herein is based on sources we believe reliable, but we make no representation or warranty as to its accuracy. Marsh shall have no obligation to update this publication and shall have no liability to you or any other party arising out of this publication or any matter contained herein. For full details of the terms, conditions and limitations of the covers and before you decide whether this policy suits your needs or making any decision about whether to acquire the product, refer to the specific policy wordings and/or Product Disclosure Statements available from Marsh on request.

© 2023 Marsh Pty Ltd.

LCPA 23/008

