



Whitehorse Netball Association **Heat Warning Announcement**

We acknowledge today is hot and will implement our heat policy. Your coach will have a copy of this.

No-one should take the court if they do not wish to do so.

Players are encouraged to:

- Wear soft peaked hats outside.
- Wear sunscreen
- Increase their water intake
- Players are permitted to have a drink on the sidelines during play, where possible and safe to do so.
- Substitutes may be made at any time - if you feel dizzy or light headed at any time please leave the court for assistance.
- Be aware that all games have been shortened, with longer breaks.

If you have any concerns please discuss them with your coach.

Please play to the conditions that confront us.