



**ECB EXTREME HEAT GUIDELINES
FOR THE RECREATIONAL GAME
JUNE 2023**

This document provides general guidance to those managing, participating or working in recreational cricket in England and Wales where extreme heat events might occur.

Extreme Heat

Extreme heat conditions are those that are hotter and/or more humid than normal local summer thresholds. Much higher temperatures are now being experienced in the UK, with temperatures of 40oC experienced across the country last summer (2022).

Local conditions on the ground also need to be considered in addition to weather forecasts: each cricket ground will have its own degree of 'stillness' and radiant heat properties, which may generate even higher temperatures in the shade.

Dangers of Heat

Cricket is routinely played in the hottest months of the year. Overheating is a risk for all participants, but particularly for players bowling at pace or batting for prolonged periods (especially with protective equipment).

Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to cool itself properly. In these cases a person's body temperature rises faster than it can cool itself. The impact of high temperatures can be made worse by increased humidity and a high UV index.

Signs of heat exhaustion include: tiredness, dizziness, headache, feeling sick or being sick, excessive sweating and skin becoming pale and clammy or getting a heat rash, cramps in the arms, legs and stomach, fast breathing or heartbeat, a high temperature, being very thirsty and weakness.

Heat-Health Alerts

The UK Health Security Agency, in partnership with the Met Office, has launched a new alert system designed to identify when adverse temperatures are likely to impact on the health and wellbeing of the population ([sign-up here](#)). The core alerting season for heat events is between 1 June and 30 September. Alerts will be colour coded yellow, amber or red, with red indicating a significant risk to life for even the healthy population.

The service only covers England, so participants in Wales will need to continue to rely on local weather forecasts.

Planning and Welfare

Having strategies in place in advance provides the best chance of ensuring participants' welfare:

Training Sessions

Consider shortening, suspending or even postponing sessions until conditions improve.

Matches

Pre-match:

- The day before the fixture, check the forecasted temperature and/or any Heat-Health Alert issued, as well as the UV index, and plan appropriately
- Consider whether the match could start at an earlier time when conditions will be cooler.
- Consider whether the fixture should be re-arranged if conditions will be dangerous or unreasonable.

During the match:

- Manage heat as usual (drinks, wear caps or wide brimmed hats, long sleeve shirts, sunglasses, apply sunscreen etc).
- Consider the timing of the activity and if possible, avoid the hottest parts of the day. If both teams agree, the hours of play could be shortened.
- Ensure availability of cold water and cooling aids such as ice and ice-towels.
- Create a 'cool' area using natural shade or creating shade for participants.

- Be extra vigilant monitoring participants exhibiting signs of heat related illnesses (see 'Signs of heat exhaustion'). Contact NHS 111 if you are concerned about someone's health.
- Take longer drinks breaks to allow participants to come off the field to cool down and rehydrate and consider a longer lunch and/or tea (if applicable).
- Consider suspending the match until conditions have improved.

Further tips on sun protection are available [here](#).