

Bath Pickleball Club
Policy - Extreme Heat

BPC006.1

Purpose

To protect the health and safety of all players by establishing clear guidelines for when play will be suspended due to extreme heat.

This policy applies to all members, guests, instructors, coaches, and volunteers during any pickleball activity organized or sanctioned by the Club.

Definitions

The term Humidex is used in Canada, and is the perceived temperature equivalent of air temperature and the relative humidity.

Guidelines

The following guidelines are from NOAA and ECCC.

Ref: Athletics Canada - Extreme Weather Guidelines

chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://athletics.ca/wp-content/uploads/2023/09/AC-Extreme-Weather-Guidelines_as-of-September-2023.pdf

Table 1: Temperature/ Humidity Index

Relative Humidity %	Temperature °C																
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43
40	27	28	29	30	31	32	34	35	37	39	41	43	46	48	51	54	57
45	27	28	29	30	32	33	35	37	39	41	43	46	49	51	54	57	
50	27	28	30	31	33	35	36	38	41	43	46	49	52	55	58		
55	28	29	30	32	34	36	38	40	43	46	48	52	55	58			
60	28	29	31	33	35	37	40	42	45	48	51	55	58				
65	28	30	32	34	36	39	41	44	48	51	55	58					
70	29	31	33	35	38	40	43	47	50	54	58						
75	29	31	34	36	39	42	46	49	53	58							
80	30	32	35	38	41	44	48	52	57								
85	30	33	36	39	43	47	51	55									
90	31	34	37	41	45	49	54										
95	31	35	38	42	47	51	57										
100	32	36	40	44	49	54											

Caution

Extreme Caution

Danger

Extreme Danger

Source: Calculated °F to °C from NOAA's National Weather Service

Source: NDMA Heat Guidelines (2016)

Implementation

To better identify the current heat conditions, **refer to the temperature/humidity sensor found in the shed**, and apply those numbers to the above chart to determine any appropriate action.

- Normal: Unlimited activity with standard rest and hydration breaks every 2 games
- Caution: Encourage all players to monitor themselves for possible dehydration and/or heat exhaustion, and to consider taking longer/more frequent breaks.
- Extreme Caution: Tournaments and other Club organized events should be cancelled. Club management reserve the right to stop all Club play.
- Danger&Extreme Danger: All Club organized play should stop.

It should be noted that court conditions can be different than ambient. Wind screens impede the cooling effect of a breeze, and the air above an asphalt court can be 10C-15C warmer than ambient.

Signs of Heat Illness

All members should watch for dizziness, headache, nausea, extreme fatigue or confusion, muscle cramps, hot/red/clammy skin, rapid heartbeat, heavy sweating or sudden lack of sweating.

Player Responsibilities

Hydrate before, during and after play. Bring personal water and electrolytes. Wear breathable, light-coloured clothing. Monitor your own conditions as well as those around you. Rest and cool down at first sign of discomfort. Inform others if feeling unwell.

The heat index levels in the above guideline are for the average person. How temperature and humidity will affect an individual will vary depending on several things, including age, general physical condition, and some medical conditions.

Club Responsibilities

Monitor heat index levels from Environment Canada hourly during days of elevated temperatures. Suspend Club play when appropriate. This is defined as putting away all Club equipment and informing members that if they choose to continue to play, it is deemed public access play, and not Club supported. It is expected that a member of the Executive Committee and/or Board of Directors that is present will make the decision, **but any member of the Club can and should bring the issue to their attention.**

Date Revised: 10 Jul 2026

Director: 