

# EXTREME HEAT POLICY

LTA Competition Regulations

August 2022

# INTRODUCTION

The LTA take the safety and well being of players, spectators and officials extremely seriously. The LTA has introduced an Extreme Heat Policy in addition to the Adverse Weather Policy to provide guidance to players and tournament officials during a heat wave. This new policy is inline with those of the ITF, WTA and other leading federations. Any wheelchair competitions should follow the ITF Wheelchair Circuit Regulations.

You will also find some top Sunguarding Sport tips provided by the Melanoma Fund that tennis players can follow on court in hot weather available on the [LTA Website](#).

As ever should you have any queries, please do not hesitate to contact us, your Competition Development Partner or one of your fellow officials for further support and guidance.

We wish you a successful and safe summer!

**LTA Competition Support Team**

# HEAT STRESS INDEX

The Heat Stress Index Chart provides a general guideline for assessing the potential severity of heat stress.

Individual reactions to heat will differ. It should be remembered that heat illness can occur at lower temperatures than indicated and susceptibility increases in the very young and elderly. Exposure to direct sunshine can also increase the Heat Stress Index.

The Heat Stress Index is a measure of apparent temperature and is the combined index of heat and humidity.

**Modification of Play:** Where the Heat Stress Index meets or exceeds 34.0°C (93.2°F).

**Suspension of Play:** Where the Heat Stress Index meets or exceeds 40.1°C (104.2°F).

		Air Temperature										
		21.1°C 70°F	23.9°C 75°F	26.7°C 80°F	29.4°C 85°F	32.2°C 90°F	35°C 95°F	37.8°C 100°F	40.6°C 105°F	43.3°C 110°F	46.1°C 115°F	48.9°C 120°F
Relative Humidity	0%	17.8°C 64°F	20.6°C 69°F	22.8°C 73°F	25.6°C 78°F	28.3°C 83°F	30.6°C 87°F	32.8°C 91°F	35°C 95°F	37.2°C 99°F	39.4°C 103°F	41.7°C 107°F
	10%	18.3°C 65°F	21.1°C 70°F	23.9°C 75°F	26.7°C 80°F	29.4°C 85°F	32.2°C 90°F	35°C 95°F	37.8°C 100°F	40.6°C 105°F	43.9°C 111°F	46.7°C 116°F
	20%	18.9°C 66°F	22.2°C 72°F	25°C 77°F	27.8°C 82°F	30.6°C 87°F	33.9°C 93°F	37.2°C 99°F	40.6°C 105°F	44.4°C 112°F	48.9°C 120°F	54.4°C 130°F
	30%	19.4°C 67°F	22.8°C 73°F	25.6°C 78°F	28.9°C 84°F	32.2°C 90°F	35.6°C 96°F	40.1°C 104.2°F	45°C 113°F	50.6°C 123°F	57.2°C 135°F	64.4°C 148°F
	40%	20°C 68°F	23.3°C 74°F	26.1°C 79°F	30°C 86°F	33.9°C 93°F	38.3°C 101°F	43.3°C 110°F	50.6°C 123°F	58.3°C 137°F	66.1°C 151°F	
	50%	20.6°C 69°F	23.9°C 75°F	27.2°C 81°F	31.1°C 88°F	35.6°C 96°F	41.7°C 107°F	48.9°C 120°F	57.2°C 135°F	65.6°C 150°F		
	60%	21.1°C 70°F	24.4°C 76°F	27.8°C 82°F	32.2°C 90°F	37.8°C 100°F	45.6°C 114°F	55.6°C 132°F	65°C 149°F			
	70%	21.1°C 70°F	25°C 77°F	29.4°C 85°F	33.9°C 93°F	41.1°C 106°F	51.1°C 124°F	62.2°C 144°F				
	80%	21.7°C 71°F	25.6°C 78°F	30°C 86°F	36.1°C 97°F	45°C 113°F	57.8°C 136°F					
	90%	21.7°C 71°F	26.1°C 79°F	31.1°C 88°F	38.9°C 102°F	50°C 122°F						
100%	22.2°C 72°F	26.7°C 70°F	32.8°C 91°F	42.2°C 108°F								
Extreme Heat Condition – Modification of Play												
Extreme Heat Condition – Suspension of Play												

# MEASUREMENT PROCEDURES

The Heat Index should be measured at least three (3) times daily by the Tournament Referee or his/her designee. Ideally, measurements should be taken every 2 hours, but a minimum three (3) readings should be taken at the following times:

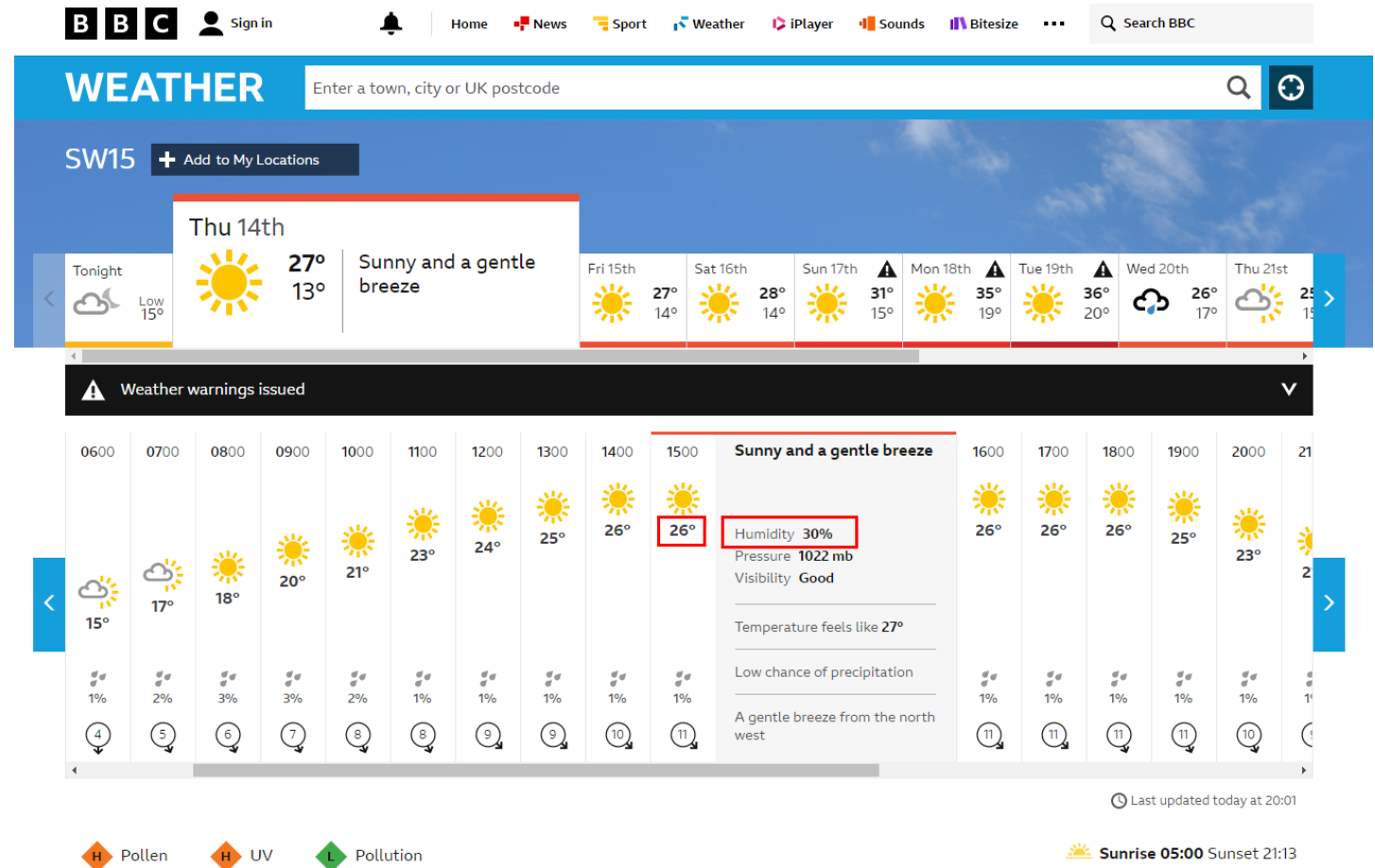
1. 30 minutes before match play begins;
2. Middle of the scheduled day's play;
3. Just prior to beginning the last match of the day; and
4. Following any suspension of play.

# OBTAINING THE AIR TEMPERATURE & HUMIDITY

The air temperature and humidity can be found on the BBC Weather website or app by searching for the post code of the tournament venue. Simply select the time and the humidity will appear as well as the temperature.

[www.bbc.co.uk/weather](http://www.bbc.co.uk/weather)

You can use an [online calculator](#) or the matrix to calculate the heat stress index.



# EXTREME HEAT PROCEDURES

## Modification of Play

Where the Heat Stress Index meets or exceeds 34.0°C (93.2°F) a 10-minute break will be allowed between the second and third sets if either player requests such a break. This modification of play may come in during a match and players should be notified as soon as the heat rule is in effect. If neither player requests such a break, then play will continue. The 10-minute break will not apply if a match tie-break is played in lieu of a third set.

During any break the player:

- may use the toilet and this will not count towards their permitted toilet breaks
- may not receive coaching or medical treatment during this time.

## Suspension of Play

Where the Heat Stress Index meets or exceeds 40.1°C (104.2°F) the referee may suspend play at the end of the game. Play will resume when the Heat Stress Index falls below 40.1°C (104.2°F).

## Wet Bulb Globe Thermometer

Where the Tournament Referee or Sports Physiotherapist have access to a Wet Bulb Globe Thermometer (WBGT) the modification of play criteria is defined as 30.1°C (86.2°F) and suspension of play criteria is defined as 32.2°C (90.0°F).

# PRACTICAL TIPS FOR REFEREES

It is unlikely the apparent temperature will reach the criteria to result in a Modification of Play and Suspension of Play based on the climate in the UK however there are still practical ways we can support players to ensure they are not affected by the temperatures during a heat wave.

These include:

- Consider reducing the scoring format to 2 FAST4 sets + MTB or use the no-ad scoring format
- Ensure players have enough rest in between matches
- Schedule doubles matches during the hottest period of the day i.e. 11am – 3pm
- Start earlier in the morning i.e. 8am/8.30am
- Remind players and spectators to wear suncream and a hat
- Remind players and spectators to drink plenty of water and seek as much shade as possible



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