



HOT WEATHER POLICY

Version 1

Proposal to the board: 18 June 2009



Government of South Australia
Office for Recreation and Sport

be active.

ASSOCIATION of S.A. BLIND SPORTING CLUBS

HOT WEATHER POLICY

ADOPTED...../...../

GENERAL

This policy is binding on all affiliated Member Clubs of the Association and is to be used when considering **CANCELING**, **POSTPONING** or **MODIFYING** an event due to **HOT WEATHER**.

All Member Clubs are reminded of their responsibilities when applying their "duty of care" to the participants in their event. Exercise in the heat creates demands on the cardiovascular system, which is required to increase the blood supply to the muscles. At the same time the body temperature is regulated by increasing the skin blood flow, which causes the sweat that keeps the body cool. High intensity exercise in hot weather conditions with the associated fluid loss and elevated body temperature can lead to:

DEHYDRATION HEAT EXHAUSTION HEAT STROKE

In canceling, postponing or modifying an event there are many factors that need to be considered.

FACTORS TO BE CONSIDERED

1. The Wet-Bulb Globe Temperature - available from the Bureau of Meteorology.
2. Duration of the Event - reduction in playing time and extended rest periods.
3. Intensity of an Event - distance running more of a problem than stop start team events.
4. Acclimatisation of the Participant - preparation should include periods of controlled exercises under hot conditions.
5. Fitness Levels/Athletic Ability - body size, weight, strength and conditioning.

6. Age and Gender - female participants suffer more than males. Young children have not developed their "sweating mechanism". Veterans may also cope less in hot weather.
7. Rules of the Game - give more hydration opportunities.
8. Time of the Day - avoid the hottest part of the day.
9. Surface Type - a shaded/protected surface attracts and retains less heat than other surfaces.
10. Venue - air-conditioning, good airflow and shade - hot indoor environments may be unacceptable.
11. Predisposed Medical Conditions - know if your athletes have a medical condition, which may predispose them to heat illness.
12. Other Factors - provision of shade, hats, sunscreen, water, sports trainers or first aid personnel.

GUIDELINES and CHECKLIST

Sports Medicine Australia - South Australian Branch (SMA-SA) have produced a brochure, which includes the Guidelines and Checklist that can be used to determine whether an event should be cancelled, modified or postponed due to hot weather. This is available free from National Pharmacies or copies can be downloaded from smartplay at the website shown below. Hard copies can be obtained from the Association.

All Member Clubs are urged to nominate a Member to become familiar with this document and to understand the method of determination.

For further assistance, please contact the

- Association of SA Blind Sporting Clubs Inc.
- SMA (SA) website www.smasa.asn.au
- Smartplay website www.smartplay.net



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