



**Subject Heat Policy**

**DragonBoatSA**

**Policy and Procedures**

**Subject No: DBSA 010**

**Issue No: 2**

**Date of Issue: Mar 08**

---

## **Background**

In 2004-05 DBSA, and other sports, were required to have a Heat Policy for receipt of government funds dispersed by the Office for Recreation and Sport.

Due to the many variances between sport competitions and individuals, currently, there is no generic Hot Weather Policy for sports due to the many variances between sport competitions and individuals.

Sports Medicine Australia (SA Branch) have Hot Weather Guidelines (see Attachment 1) which have been modified recently and are currently under revision.

## **DRAGONBOAT TRAINING IN HOT WEATHER**

DBSA recommends that all clubs and schools ensure that they are familiar with the SMASA Hot Weather Guidelines and that they have individual guidelines / procedures within their training schedules to advise their participants.

All coaches and other personnel should consider their duty of care responsibilities with regard to coping with the heat and understanding that **high intensity exercise in a hot environment with associated fluid loss and elevation of body temperature can lead to:**

***DEHYDRATION – HEAT EXHAUSTION – HEAT STROKE***

## **DBSA COMPETITION CANCELLATION / POSTPONEMENT**

Generally the Mediterranean climate in SA Dragonboat venues allows for competitions to be held early in the day and avoid extreme hot weather without having to cancel a competition prior to the event.

Where possible **competitions will not be cancelled due to hot weather forecast** however competition programs will be amended and high risk groups removed from the program particularly early in the season where acclimatisation to heat is minimal and paddling fitness is low.

**On competition days climatic conditions will be continually monitored** and all factors taken into consideration by the Chief Official who will decide on the continuation of competition participation.

The logistics associated with competitions and movement of boats and paddlers to various venues requires that DBSA have procedures in place to assist all clubs / schools with their planning and organisation.



**Subject Heat Policy**

**DragonBoatSA**

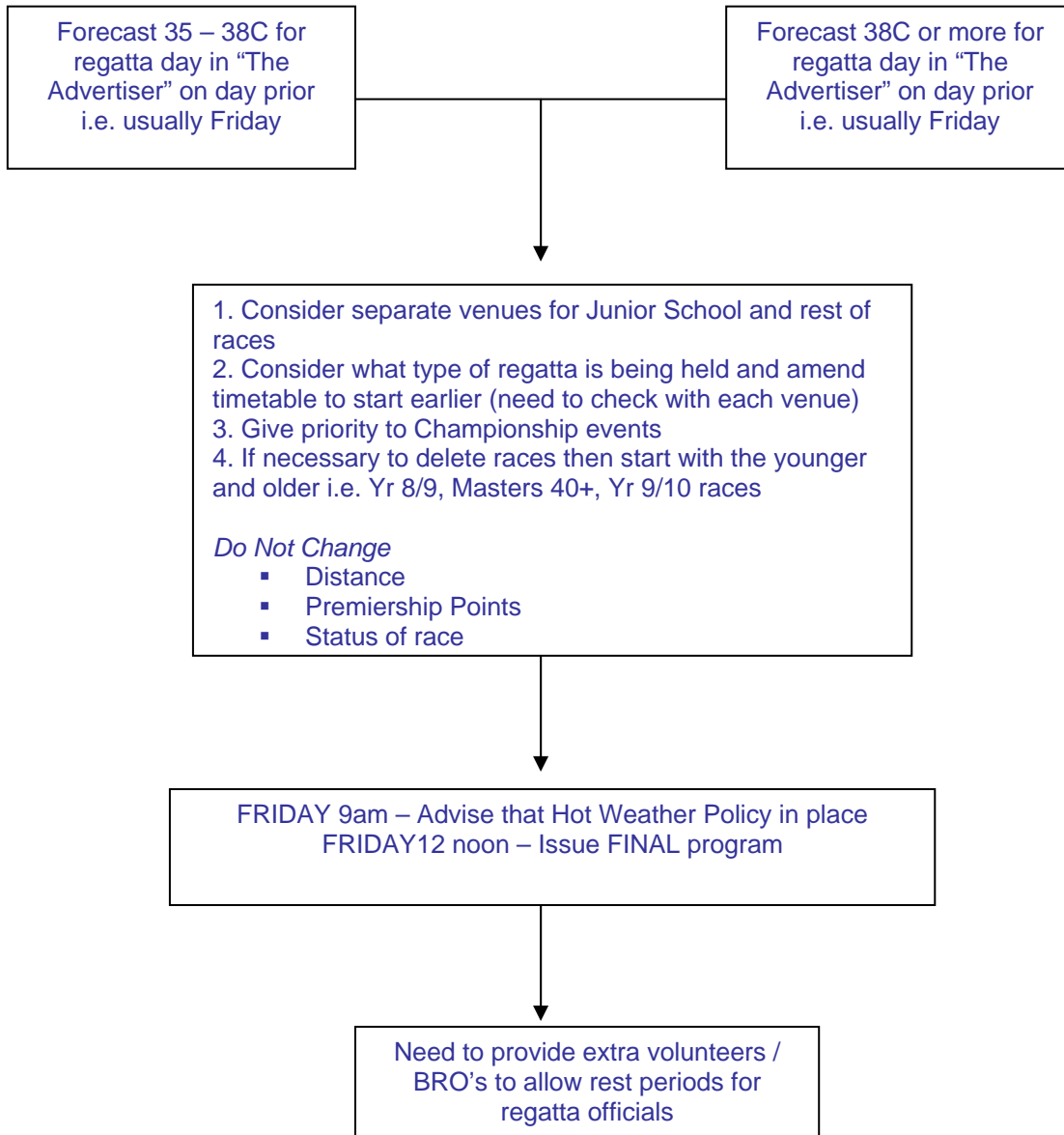
**Policy and Procedures**

**Subject No: DBSA 010**

**Issue No: 2**

**Date of Issue: Mar 08**

**Prior to Regatta (>24 hours)**

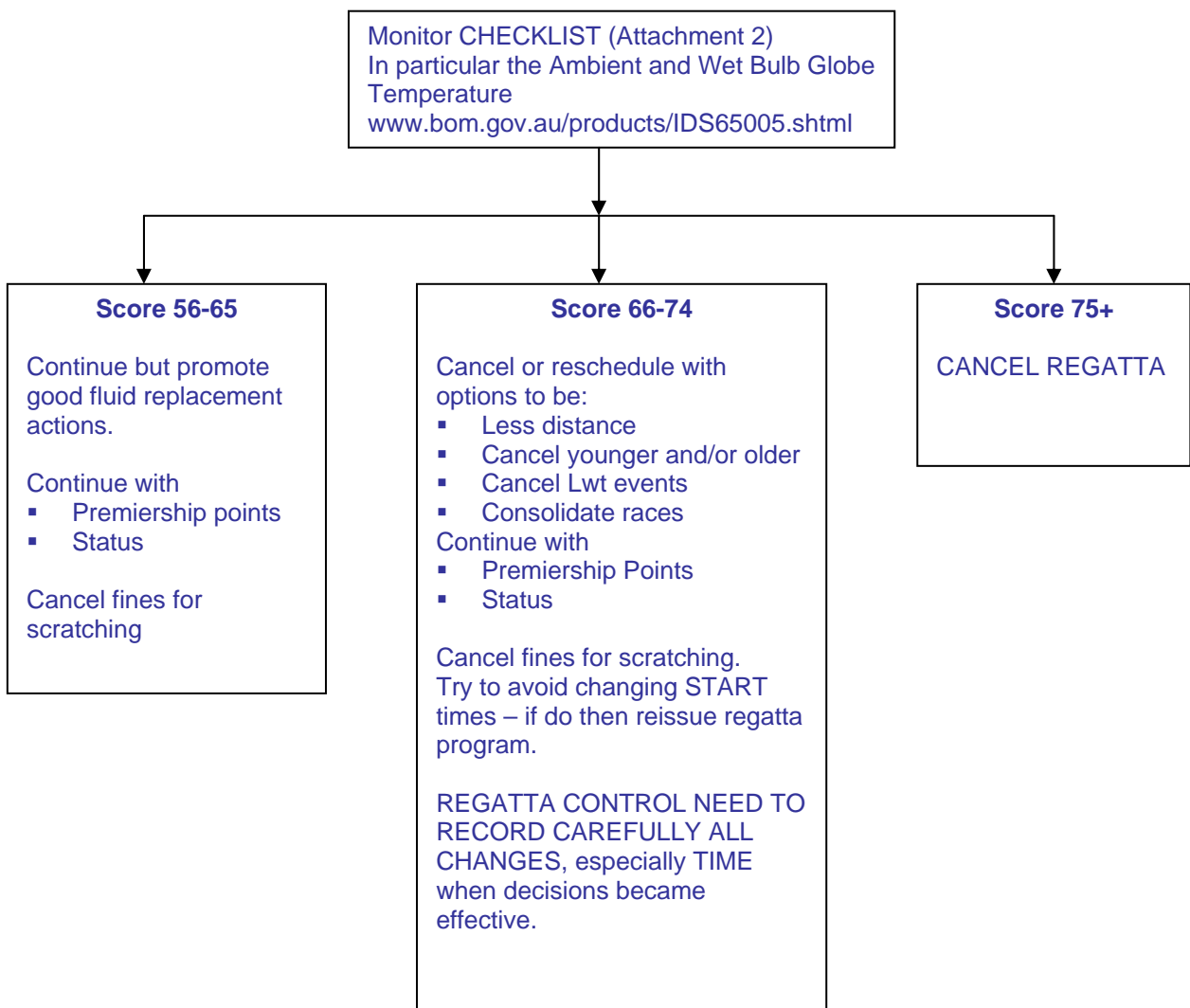




**On Competition Day**

Reference to make decisions based on Sports Medicine Australia Guidelines for Cancelling or Modifying Sporting Events during extreme Hot Weather.

Volunteers & officials to keep Referee informed of competition officials situation.





**Subject Heat Policy**

**DragonBoatSA**

**Policy and Procedures**

**Subject No: DBSA 010**

**Issue No: 2**

**Date of Issue: Mar 08**

---

**EXAMPLES**

Using the SMASA checklist for competitions in South Australia the following point-scores are expected for 35+ forecast temperature:-

	<b>Most likely Scenario</b>	<b>Worst Case Scenario</b>
<b>1. Temperature</b>	<b>14</b>	<b>20</b>
2. Duration of event	2	2
3. Intensity	10	10
4. Acclimatisation	5 – 8	5 – 8
5. Athletic ability	6 – 8	6 – 8
<b>6. Age of participants</b>	<b>5</b>	<b>8</b>
7. Time between drinks	4	4
<b>8. Time of event</b>	<b>5 – 10</b>	<b>5 – 10</b>
9. Surface Type	1	1
10. Venue	8	8
11. Predisposed medical	?	?
12. Other	?	?
<b>POINT-SCORE TOTAL</b>	<b>60 – 70</b>	<b>69 – 79</b>

Hence the three main indicators that affect competitions are:-

- Temperature (or WBGT)
- Age of participants
- Time of races

i.e. Temperature of 38+ with participants <13yrs and >40yrs and Races between 11am-3pm = score of 75+ so competitions would be cancelled.



**Subject Heat Policy**

**DragonBoatSA**

**Policy and Procedures**

**Subject No: DBSA 010**

**Issue No: 2**

**Date of Issue: Mar 08**

---

ATTACHMENT 1

## **SMASA HOT WEATHER GUIDELINES**

Why use guidelines?

Every year in South Australia a heat wave hits our State. At that time Sports Medicine Australia (SA Branch) has requests from associations, individuals and members of the media asking:

“Should our sporting event be cancelled?”

“Should our training be modified or cancelled?”

To assist organisations, coaches, teachers and other individuals when considering their duty of care responsibilities, SMA (SA) has produced this set of guidelines and a checklist.

The guidelines are not binding and SMA SA reminds all parties that they must act responsibly. We encourage a common sense approach and consideration of the comfort and well being of all individuals including participants and officials.

Cancellation, modification of events, training or withdrawal from participation may be appropriate even in circumstances falling outside these recommendations.

When considering modifying, cancelling or postponing a specific sporting event or training there are many factors that need to be considered.

Exercise in the heat creates competitive demands on the cardiovascular system, which is required to increase the blood supply to the exercising muscles. At the same time it must regulate body temperature by increasing skin blood flow in order to produce the sweat that keeps the body cool.

High intensity exercise in a hot environment, with the associate fluid loss and elevation of body temperature, can lead to:

### **DEHYDRATION – HEAT EXHAUSTION – HEAT STROKE**

#### **Dehydration**

Fluid loss occurs during exercise, mainly due to perspiration and respiration. It makes an athlete more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke.

#### **Heat Exhaustion**

##### **Dehydration can lead to heat exhaustion:**

- Characterised by a high heart rate, dizziness, headache, loss of endurance/skill/confusion and nausea.
- The skin may still be cool/sweating, but there will be signs of developing vasoconstriction, e.g. pale colour.
- Athletes will pass little urine, which will be highly concentrated.
- Cramps may be associated with dehydration.

The rectal temperature may be up to 40°C and the athlete may collapse on stopping activity.



**Heat Stroke**

**Severe dehydration may lead to heat stroke.**

- Characterised similar to heat exhaustion, but with a dry skin, confusion and collapse.
- Heat stroke may arise in an athlete who has not been identified as suffering from heat exhaustion and has persisted in further activity.

**This is a potentially fatal condition and must be treated immediately by a medical professional.**

**Heat exhaustion/stroke can still occur even in the presence of good hydration.**

**Sports Medicine Australia (SA Branch) recommends athletes drink:**

- At least 500mls (2-3 glasses) ½ to 1 hour prior to exercise
- At least 200mls (1 glass) every 10-15 minutes during exercise
- And after exercise drink 1.5 times your fluid deficit to ensure you are fully rehydrated.

**FACTORS TO CONSIDER BEFORE CONCELLING A SPORTING EVENT**

**The following factors to be considered in cancelling or modifying of sporting events or training.**

**Remember to not only take players into account, but to also remember Umpires, Officials and Volunteers.**

**SMA has compiled a checklist and risk management sheet to guide your association in making that decision.**

**1. Temperature**

**The Ambient Temperature**

- Suitable for hot, dry days

<b>AMBIENT TEMPERATURE</b>	<b>RISK OF THERMAL INJURY</b>
25 – 31	Moderate
32 – 37	High
38 and above	Extreme

**OR**

**WBG**

- Suitable for hot, humid days

<b>WBG</b>	<b>RISK OF THERMAL INJURY</b>
23 – 27	Moderate
28 – 29	High
30 and above	Extreme



**Subject Heat Policy**

**DragonBoatSA**

**Policy and Procedures**

**Subject No: DBSA 010**

**Issue No: 2**

**Date of Issue: Mar 08**

---

### **Guidelines for training**

- At extreme thermal risk, cancel training (allowing swimming)
- At high thermal risk, modify training

### **2. Clothing**

- Type of clothing is vital in minimising health risks associated with exercise in heat.
- Fabrics that minimise heat storage and enhance sweat evaporation should be selected.
- Light coloured, loose fitting clothes, made of natural fibres or composite fabrics with high wicking (absorption) properties, that provide for adequate ventilation are recommended as the most appropriate clothing in the heat. This clothing should further complement the existing practices in Australia that protects the skin against permanent damage from the sun.
- This should be applied to the clothing worn by players, umpires, other officials and volunteers.

If clothing is worn for protective reasons – some examples include Leathers in Motorcycling and Mountain Biking, protective equipment for hockey goalkeepers, and softball and baseball umpires – ensure that clothing is worn only whilst training and competing in hot weather. Remove non-breathable clothing as soon as possible if the participants or officials are feeling unwell in hot conditions. Commence cooling the body immediately via ventilation and/or a cool spray such as a soaker hose or a hand-held spray and a fan.

### **3. Duration and Intensity of an event**

- The combination of extreme environmental condition and sustained vigorous exercise is particularly hazardous for the athlete. The greater the intensity of the exercise the greater the risk of heat related symptoms. E.g. distance running is more of a problem than stop-start tem events.
- Player and Official rotation may also be considered.
- A reduction in playing time and extending rest periods with opportunities to re-hydrate during the event would help safe guard the health of participants.
- Provision of extra water for wetting face, clothes and hair is also important.
- A fan to enhance air movement would be beneficial

### **4. Acclimatisation of the Participant**

- Acclimatisation of the Participant includes the umpires, other officials and volunteers as well as the players.
- Preparation for exercise under hot conditions should include a period of acclimatisation to those conditions, especially if the athlete is travelling from a cool/temperate climate to compete under hot/humid conditions.
- It has been reported that children will acclimatise slower than adults.
- Regular exercise in hot condition will facilitate adaptation to help prevent the athlete's performance deteriorating, or suffering from heat illness, during later competitions. A period of 7-10 days of 60 minutes acclimatisation activity each day provides substantial preparation for safe exercise in the heat.

### **5. Fitness Levels / Athletic Ability of Participant**

- A number of physical/physiological characteristics of the athlete will influence the capacity to tolerate exercise in the heat, including body size and endurance fitness.



**Subject Heat Policy**

**DragonBoatSA**

**Policy and Procedures**

**Subject No: DBSA 010**

**Issue No: 2**

**Date of Issue: Mar 08**

---

- In endurance events an accomplished yet non-elite runner, striving to exceed their performance may suffer from heat stress. The potential for heat related illnesses would be exacerbated if they have not acclimatised to the conditions and have failed to hydrate correctly.
- An overweight and unconditioned athlete, umpire, official and volunteer will generally also be susceptible to heat stress.
- Please refer to Sports Medicine Australia's (SA Branch) free DRINK UP brochure available from your local National Pharmacies store.

#### **6. Age and Gender of Participant**

- Female participants may suffer more during exercise in the heat, due to their greater percentage of body fat.
- Young children are especially at risk in the heat. Prior to puberty, the sweating mechanism, essential for effective cooling, is poorly developed. The ratio between weight and surface area in the child is also such that the body absorbs heat rapidly in hot conditions.
- In practical terms, child athletes must be protected from overexertion in hot climates, especially when required to exercise for 30 minutes or longer.
- Although children can acclimatise to exercise in the heat, they take longer to do so than adults. **Coaches should be aware of this and limit training for non-acclimatised children during exposure to hot environments.**
- Veteran participants may also cope less well with exercise in the heat. Reduced cardiac function is thought to be responsible for this effect.

#### **7. Rules of the Game (Hydration Opportunities)**

- Will your players and officials be able to consume enough water during the event?
- To avoid excessive dehydration during exercise in the heat, fluid (preferably water) should be consumed before, during and after exercise.
- Even a small degree of dehydration will cause a decrease in performance.
- Associations may consider dividing games into shorter playing periods rather than halves to allow for extra breaks.
- Coaches may consider alternative training times and venues during Hot Weather.

#### **8. Time of Day**

- Avoid the hottest part of the day (usually 11:00am-3:00pm). Scheduling events outside of this time should be a consideration throughout any summer competition, training or event, regardless of the temperature.

#### **9. Surface Type**

- A shaded/protected grass exercise surface does not attract and retain as much heat as other surfaces (e.g. solid black asphalt.)
- The exercise surface type and the amount of direct sunlight vary significantly with different sporting activities and therefore must be analysed for each individual sport.

#### **10. Venue of an Event**

- An air-conditioned indoor venue will provide less of a problem whilst a hot indoor venue or an outside venue without shade cannot constitute an acceptable environment.
- Airflow should be considered, including fans in change rooms or appropriately placed.



**Subject Heat Policy**

**DragonBoatSA**

**Policy and Procedures**

**Subject No: DBSA 010**

**Issue No: 2**

**Date of Issue: Mar 08**

---

### **11. Predisposed Medical Conditions**

- It is important to know if any of your athletes, umpires, officials or volunteers have a medical condition or are taking medication that may predispose them to heat illness.
- Examples of illnesses that will put the participant or official at a high risk of Heat Illness include: asthma, diabetes, pregnancy, heart conditions and epilepsy. Some medications and conditions may need special allowances.
- Participants and officials who present with an illness such as a Virus, Flu, Gastro, or feeling unwell are at an extreme risk of Heat Illness if exercising in Moderate to Hot Weather.
- Participants or officials who may be affected by drugs or alcohol may be at an extreme risk of Heat Illness if exercising in moderate to hot weather.

### **12. Other Factors to Consider**

- Preventative measures can be undertaken to minimise heat injuries. Examples include the provision of shade, hats, appropriate sunscreen, spray bottles and drinking water.
- It is important to have trained personnel available to manage heat injuries.
- In situations where heat problems may be expected, an experienced medical practitioner should be present.
- **Heat stroke is potentially life threatening. Any indication of this condition should be immediately referred for Medical Assessment.**



**Subject Heat Policy**

**DragonBoatSA**

**Policy and Procedures**

**Subject No: DBSA 010**

**Issue No: 2**

**Date of Issue: Mar 08**

ATTACHMENT 2

<b>1. Temperature</b>		<b>7. Time between available drinks</b>	
<u>Ambient Temperature</u>		Less than 15 minutes	2
< 25 degrees	2	15 to 25 minutes	4
25 – 31 degrees	10	25 to 35 minutes	6
32 – 37 degrees	14	35 to 45 minutes	8
38 degrees and above	20	45 minutes plus	10
<b>Or WBGT</b>		<b>8. Time of the event</b>	
< 23 degrees	2	Before 9am	2
23 – 27 degrees	10	After dark	2
28 – 29 degrees	14	9am til 11 am	5
30 degrees and above	20	3pm til sunset	5
		11am til 3pm	10
<b>2. Overall duration of event</b>		<b>9. Surface Type</b>	
less than 30 mins	2	Water	1
30 – 60 mins	4	Grass	2
60 mins to 2 hours	6	Boards	4
Greater than 2 hours	8	Sand	6
		Synthetic Surface	6
<b>3. Individual Intensity during event</b>		Asphalt	8
Easy pace throughout	2		
Moderate pace, breaks in intensity	4	<b>10. Venue</b>	
Moderate pace throughout	6	Indoor air conditioning	1
Sustained effort with some breaks	8	Indoor no air conditioning	4
Sustained effort throughout	10	Outdoor	8
<b>4. Acclimatisation of Participants</b>		<b>11. Predisposed medical conditions of participants</b>	
Used to hot weather conditions	2	No	0
Used to warm weather	5	Yes – Asthma, Diabetes, Heart Condition, Pregnancy, etc.	High
Used to cool/cold conditions	8	Yes – Virus, Flu, Gastro, etc.	Extreme
<b>5. Athletic ability of individuals</b>		<b>12. Other factors to consider</b>	
Elite fitness levels	2	Shade available during breaks	Yes/No
Good fitness levels	6	Water freely available at venue	Yes/No
Moderate fitness levels	6	Sports Trainer/First Aid person on site	Yes/No
Low fitness levels	8	Individual body fat of participants	High/Low
<b>6. Age of Participants</b>			
18 to 30	2		
13 to 17	5		
30 to 40	5		
Over 40	8		
Under 13	8		

<b>TOTAL for your Sport/Event</b>	
-----------------------------------	--



**Subject Heat Policy**

# DragonBoatSA

## Policy and Procedures

**Subject No: DBSA 010**  
**Issue No: 2**  
**Date of Issue: Mar 08**

<b>POINT SCORE</b>	
<b>Above 75</b>	<b>SMA Sa recommend you cancel your event, training and physical activity</b>
<b>66 to 74</b>	<p><b>SMA Sa recommend you cancel or reschedule your event, training or physical activity if:</b></p> <ul style="list-style-type: none"> <li>▪ The WBGT is above 30 or</li> <li>▪ The ambient temperature is above 38</li> <li>▪ The age of participants (inc officials) get a point value of 8 (children and veterans)</li> </ul> <p><b>If this is not the case and the event goes on then:</b></p> <ul style="list-style-type: none"> <li>▪ Extra breaks should be allowed</li> <li>▪ Shade should be provided</li> <li>▪ Airflow should be considered, including fans in change rooms or placed appropriately</li> </ul> <p>Promotion of fluid replacement should be actively encouraged. (E.g. through announcements or via officials)</p>
<b>56 to 65</b>	<p><b>SMA Sa recommend play may go ahead BUT</b></p> <ul style="list-style-type: none"> <li>▪ Extra brakes should be allowed.</li> <li>▪ Shade should be provided</li> <li>▪ Airflow should be considered, including fans in change rooms or placed appropriately</li> </ul> <p>Promotion of fluid replacement should be actively encouraged (e.g. through announcements or officials)</p>
<b>55 and below</b>	<p><b>SMA SA recommends play with usual fluid replacement measure in place. SMA reminds sporting groups and individuals that:</b></p> <p>Cancellation of events or withdrawal from participation may be appropriate even in circumstance falling outside of these recommendations.</p>
	<b>Individuals can use the guidelines and pint scores to ascertain whether they should be involved in a particular event.</b>

Obtaining WBGT Web-site: [www.bom.gov.au/products/IDS65004.shtml](http://www.bom.gov.au/products/IDS65004.shtml) or visit [www.smasa.asn.au](http://www.smasa.asn.au)

**The forecasts cover SA metropolitan and country**

**DISCLAIMER**

This information in this brochure is of a general nature. Individual circumstances may require modification of general advice from an appropriate health professional e.g. doctor, physiotherapist, podiatrist or dietician.

**Endorsed by:**

.....  
**DragonBoatSA Chairman on behalf of the DragonBoatSA**

...../...../.....  
**Date**