



## Hallett Cove Little Athletics





### Heat Policy

- ☛ The health and wellbeing of athletes, officials and volunteers is a priority issue for Hallett Cove Little Athletics Centre.
- ☛ Hallett Cove Little Athletics Centre acknowledges that high intensity exercise in a hot environment with associated fluid loss that can lead to dehydration, heat exhaustion and heat stress
- ☛ Heat stroke is a potentially fatal condition and must be treated immediately by a medical professional and can still occur in the presence of good hydration.
- ☛ When considering whether it is safe to attend, cancel or postpone events in extremely hot weather, there are many factors to consider;
  - Temperature
  - Humidity (the higher the humidity the less cooling due to sweating)
  - Wind speed
  - Duration and intensity of event
  - Acclimatisation of athlete/ official
  - Fitness level
  - Age of participant
  - Hydration opportunities
  - Venue
  - Surface type
  - Predisposing medical conditions
- ☛ The Wet Bulb globe temperature defined by the American College of Sports Medicine, is mainly a measure of the thermal stress due to high air temperature and high humidity (reduced evaporative cooling).
  - It is mostly applicable in activities requiring continuous exertion
  - It does NOT take into account the added stress due to direct sunlight or ventilation due to the wind
  - Refer to the site listed below for predicted wet bulb temperature <http://www.bom.gov.au/products/IDS65004.shtml>
- ☛ This information should be used in conjunction with the [Hot Weather Guidelines](#) booklet which is available through [Sports Medicine Australia \(SA\)](#). ([http://www.smasa.asn.au/fact\\_sheets/downloads/hot\\_weather.pdf](http://www.smasa.asn.au/fact_sheets/downloads/hot_weather.pdf)) or available from National pharmacies or in club athlete information brochure, ask a committee member if needed)

- ☛ This risk of heat stress can be summarised as follows:

WBGT	Risk of thermal injury
< 18	Minimal - Unlimited activity

18 to 22.9	Moderate - Keep alert for possible increases in the index and for symptoms of heat stress
23 to 27.9	High - Active exercise for unacclimatised persons should be curtailed
28 to 29.9	Very High - Active exercise for all but the well acclimatised should be curtailed
> 30	Extreme - All events should be stopped

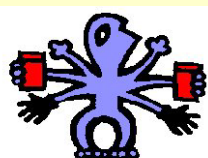
-  In accordance with these guidelines the committee recommends:
  - All events should be scheduled to avoid times of maximum heat
  - The host provide adequate shade for events
  - The use of a wide brim sunsmart approved hat
  - Provide sun block and drinking water
-  Children are encouraged to keep well hydrated refer to Smart play guidelines (available in club athlete information brochure, ask a committee member if needed) [http://www.smasa.asn.au/fact\\_sheets/fact\\_drink\\_up.html](http://www.smasa.asn.au/fact_sheets/fact_drink_up.html)
-  If predicted web bulb temperature is >30 the committee recommend events should be postponed or cancelled.
-  These are guidelines are not binding all participants must act responsibly.

\_\_\_\_\_  
President

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Secretary

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date



SMARTPLAY

Click on Links to go web sites

