

HEAT & HYDRATION POLICY

GENERAL

Children and adolescents are covered simultaneously by the recommendations in these guidelines.

It is recommended that if a large increase in temperature is likely to occur, parents and officials should take extra care to ensure athletes are sufficiently hydrated and shade is provided.

EDUCATION

All athletes are to be educated on the importance of sun safety and how to be sun smart. This will be conducted at the beginning of the hot weather season.

ATTIRE

- All athletes are encouraged to wear sun safe attire at competitions, and whilst exposed to the sun (except when competing), hats or caps should also be worn.
- Site officials will allow the wearing of hats during field events on days of excessive heat.
- All Board Members, Officials and Volunteers will be seen setting the sun smart example. This will be by the wearing of appropriate clothing, hats and sunglasses.
- Athletes are encouraged to wear a collared shirt over their competition uniform (when not competing), hats and sunglasses.

SUNSCREEN

- Sunscreen will be provided by Joondalup Athletic Centre and located near the Equipment Shed and around the venue.
- All athletes, officials, volunteers and family members are encouraged to use this sunscreen.
- The sunscreen will be of high quality and will meet all Australian Standards.

SHADE

- Shade will be provided at all field sites, track sites, marshalling and finish areas.

PUBLIC ANNOUNCEMENTS

The Joondalup Board will ensure that public announcements be regularly made reminding those at the event to keep drinking water, apply sunscreen and remain in the shade wherever possible.

FLUIDS

- Each athlete, officials and volunteer shall be allowed to take enough water with them when competing or officiating at an event.
- It is recommended that athletes, officials and volunteers should drink at least 7-8ml of fluid per kg of body weight to diminish the risk of heat illness (eg about 500ml for a 65kg person).
- Water will be provided near the Clubrooms for replenishment of water bottles.
- Water, sports drinks, cool drinks, juices etc will be available for purchase at the Centre Canteen.

POSTPONEMENT/CANCELLATION

It is recommended that parents and officials use caution if athletes are exercising in ambient temperatures above 37.5c (longer than 1 hour).

The Joondalup Athletic Centre will provide a thermometer to measure the ambient temperature. This thermometer will be located in a central position at the venue. It will be in a well ventilated area and not in direct sunlight.

Once the ambient temperature reaches 37.5c the time must be noted. If the ambient temperature remains above 37.5c for more than 1 hour then all events should be postponed until the ambient temperature falls below 37.5c.

The Arena Manager will make the final decision in regards to postponement or cancellation of events.

FREQUENTLY ASKED QUESTIONS

What is heat injury?

Heat injury may present itself in varied forms, including cramps, heat exhaustion and heat stroke.

Signs of Heat Exhaustion

- Dehydration can lead to Heat Exhaustion. Symptoms of Heat Exhaustion may include:-
- High heart rate
- Dizziness
- Headache
- Loss of endurance/skill
- Confusion
- Nausea
- Pale Colour
- Cramping of muscles
- Athletes pass little urine, which is highly concentrated
- The rectal temperature may be up to 40c and the athlete may collapse on stopping activity

If an athlete is exhibiting signs of heat stress or heat exhaustion they should stop, drink more fluids and cool down. Remove the athlete from the field, lay the victim down in a cool place and give plenty of cool water. If the athlete is confused or unable to drink water seek medical help immediately.

What is Heat Stroke?

Severe dehydration may lead to heat stroke, which is potentially fatal and must be treated immediately by a doctor. Athletes who keep participating when suffering from heat exhaustion may experience heat stroke. Heat stroke can still occur even if the athlete has been drinking plenty of fluid. It is important to cool the athlete as quickly as possible.

Symptoms of Heat Stroke

- Dry skin
- Confusion
- Collapsing

Actions to take if athlete showing symptoms of Heat Stroke

- Call a Dr or Ambulance immediately
- Remove the athlete from the field and lay them down in a cool place
- Give cool water to drink if they are conscious
- Cool the athlete by putting them in a cool bath, shower or under a hose. Applying icepacks or wet towels to the groin and armpits is recommended
- Maximize airflow over the athlete through the use of a fan or fanning themselves with a towel or item of clothing