



Circular 180:12:07

To: Y&LD Council Delegates
Club Junior Coordinators
Senior Competition Managers
Club Summer Competition Managers
Club Secretaries
Club Junior Team Managers

Cc: Y&LD Executive
AS Delegates
AS Executive

From: Andrew Skillern – Manager, Youth & Leadership Development
Chris Munro – Manager Aquatic Sports

Date: 13 December 2007

Subject: Hot Weather Guidelines

Action: No Need for Action

Please find attached Hot Weather Guidelines for Senior and Junior Carnivals.

For additional detail on this Circular contact: Andrew Skillern – Manager, Youth & Leadership Development
Email andrew.skillern@lifesavingvictoria.com.au or by phone (03) 9676 6945
Circulars are also available at www.lifesavingvictoria.com.au
Address: PO Box 353 South Melbourne DC 3205

Hot Weather Guidelines

Purpose

To outline the requirements for conducting junior carnivals (Ages U/7 to U/14) and senior carnivals (U/15+) during hot weather.

Scope

All staff, volunteers and competitors involved in conducting Life Saving Victoria carnivals.

Guidelines

These Guidelines have been developed based on the Sports Medicine Australia (SMA) Policy – preventing heat illness in sport and the SMA guidelines for cancelling or modifying sporting events during hot weather.

All Carnivals

The forecasted ambient temperature (AT) and wet bulb globe temperature (WGBT) as determined by the Bureau of Meteorology must be checked by the LSV Carnival Management Team three (3) days before the scheduled carnival date.

The course of action to be undertaken will be based on the WGBT and is summarised in the following tables.

Junior Carnivals

It is important to take precautions whilst undertaking junior lifesaving carnivals. In ambient temperatures greater than or equal to 30 degrees Celsius, children have greater difficulty stabilising their core body temperature than adults.

Forecasted Temperature	Risk of Injury	Action
> 30 AT >20 – 26 WBGT	Low - Moderate	<ul style="list-style-type: none"> - Club Team Managers/LSV Carnival Management Team responsible for heat reduction strategies & well being of competitors
31 – 35 AT 26-29 WBGT	High – Very High	<p>LSV Carnival Management Team must ensure:</p> <ul style="list-style-type: none"> - Modified beach events, if sand is too hot. Flag & sprint tracks will be shortened and three (3) participants will be eliminated each round of flags. Shoes may be worn at the determination of the referee. - Beach events may be cancelled if chief referee deems sand temperature to be a high risk for causing thermal injury - Provide water stations at various sections on the beach - Provide tents for marshalling in all areas. - Allow compulsory drinks breaks in all events. - All heat illness will be reported in F/A log. - Include “Heat Stroke Condition” treatment in carnival program, and circulate to clubs as well. <p>Club Management/Team Managers must ensure:</p> <ul style="list-style-type: none"> - Sunsmart clothing & precautions while competing - The provision of at least one (1) tent per club - Promote water/fluid intake prior to event i.e. approx two (2) cups (250 mls) 2hrs prior to event then at regular intervals. - Parents/coaches must register any illness i.e. asthmatics etc prior to competing
<36 AT <30 WBGT	Extreme	<ul style="list-style-type: none"> - Cancellation or change of event time to cooler part of the day 8:00 am -11:00 am - LSV should endeavour to provide notification of event change before scheduled carnival time.

Senior Carnivals

While adults aren't as susceptible to heat, several safeguards can assist in preventing heat induced illness. The following guidelines will be undertaken:

Forecasted Temperature	Risk of Injury	Action
> 30 AT >20 – 26 WBGT	Low - Moderate	<ul style="list-style-type: none"> - Club Team Managers/LSV Carnival Management Team responsible for heat reduction strategies & well being of competitors
31 – 35 AT 26-29 WBGT	High – Very High	<p>LSV Carnival Management Team must ensure:</p> <ul style="list-style-type: none"> - Modified beach events, if sand is too hot or cancelled or postponed to a cooler part of the day. Flag & sprint tracks will be shortened and two (2) participants will be eliminated each round of flags. Shoes and towels may be used in the event of extreme heat. - Beach events may be cancelled if chief referee deems sand temperature to be a high risk for causing thermal injury - Provide water stations at various sections on the beach - Provide tent for marshalling. - Allow compulsory drinks breaks in all events. - All heat illness will be reported in F/A log. - Include "Heat Stroke Condition" treatment in carnival program, and circulate to clubs as well. <p>Club Management/Team Managers Must ensure:</p> <ul style="list-style-type: none"> - Sunsmart clothing & precautions while competing - The provision of at least one (1) tent per club - Promote water/fluid intake prior to event i.e. approx two (2) cups (250 mls) 2hrs prior to event then at regular intervals. - Parents/coaches must register any illness i.e. asthmatics etc prior to competing - All competitors should be rested for at least 10% of the period in which they would normally participate.
<36 AT <30 WBGT	Extreme	<ul style="list-style-type: none"> - Cancellation or change of event time to cooler part of the day 8:00am -11:00am - LSV should endeavour to provide notification of event change before scheduled carnival time.

Heat Induced Illness & Treatment

Two illnesses can occur from the core body temperature exceeding normal temperatures, heat exhaustion and heat stroke. When signs and symptoms of these illnesses present, athletes should begin treatment to prevent further illness progression.

Heat exhaustion can be characterised by:

- Dizziness
- Headaches
- Confusion
- Nausea
- Cold, pale and clammy skin
- Weak rapid pulse

Treatment should include:

- Cease the activity and rest
- Move out of the hot environment i.e. find shade
- Misting or spraying with water
- Take extra hydration (avoid sugar drinks, caffeine & alcohol)

Heat Stroke is a potentially fatal condition and can result when the severity of heat exhaustion increases. It can be characterised by:

- Confusion
- Loss of consciousness
- Dry skin

Treatment should include:

- Fan
- Remove any excess clothing
- Soak with water
- Place ice packs on the groin & arm pits
- Call for medical assistance immediately

For further information on participating during hot weather please refer to the SMA policies and guidelines found at the following website:

www.sma.org.au