



Hot Weather Policy

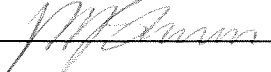
Club Name: Blackwood Community Recreation Association Inc.

Address: 1 Northcote Road

CITY: Eden Hills **Postcode:** 5050

Approved by BCRA Inc.: MARGOT STRACHAN

Position held: PRESIDENT

Signed: 

Date of Approval: / /

Last Date of Review: 21 / 03 / 2019

Next Date of Review: / /

HOT WEATHER POLICY

1. STATEMENT

- 1.1 Blackwood Community Recreation Association Inc. (BCRAI) acknowledge that we have a duty of care to participants and is committed to the safety and well being of all people who are involved in our activities and related events.
- 1.2 The following policy has been developed taking into consideration the following:-
 - We operate in an indoor environment
 - The stadium has been designed with maximum ventilation
 - Exit doors can be opened to improve air movement
 - Drinking water is available in close proximity to the stadium, Gymsports Hall and Fitness Studio.
 - Programs are generally not held during the hottest part of the day (i.e. 11am – 3pm)
 - Duration & intensity of the event/activity
 - Air conditioning is available in the foyer, Gymsports Hall and Fitness Studio

2. RECOMMENDED PREPARATION (ACCORDING TO SPORTS MED S.A.)

- 2.1 Coaches, administrators, parents and athletes should make themselves aware of expected temperatures for their day of training, game or competition.
- 2.2 Coaches and parents should ensure athletes have followed the recommended pre activity fluid intake of at least 500ml (2/3 glasses) ½ to 1 hour prior to training, game or a competition.
- 2.3 Water is available at the Centre but it is recommended to carry a personal supply of water.
- 2.4 Participants in training, games or competitions should ensure a sufficient level of fitness has been achieved, however if they are feeling unwell prior to, during or following commencement of their activity in hot weather they should seek medical advice.
- 2.5 Coaches, parents, athletes should prepare personal cooling items such as a spray bottle containing cool water to be sprayed on the face and /or body when required, or a hand towel that can be dampened and applied to the face and /or body when required.
- 2.6 Vigorous exercise in sport places some people at risk of heat illness. Even in cool weather, heat illness may occur in people exercising at high intensity for more than about 45 minutes. Heat illness may also occur with prolonged exposure to hot weather.

3 RESPONSIBILITIES

- 3.1 The recreation centre staff will:-
 - Ensure airflow is maximised including the use of fans where practical during competitions.
 - Ensure water is available at all times during competitions.
 - Ensure a supply of ice is available to cool body temperature if required.
 - Cancel or discontinue a competition in extreme conditions
- 3.2 Team Managers/Coaches/Caregivers and individuals will:-
 - ensure that participants are adequately hydrated prior to, during and after the activity
 - ascertain whether any participants have known medical conditions which may be affected by the conditions
 - Make use of all available substitutes as appropriate
 - Utilise all available time-outs
 - Encourage fluid intake during breaks
 - Ensure adequate rest breaks are taken during training sessions.
 - Request additional time between performing routines for the purpose of athlete recovery and fluid intake during competitions.

- 3.3 Officials will:-
- 3.3.1 Where practical, monitor participants for signs of heat illness eg
- ~ Light headedness, dizziness
 - ~ Nausea
 - ~ Obvious fatigue
 - ~ Cessation of sweating
 - ~ Obvious loss of skill and coordination/clumsiness or unsteadiness
 - ~ Confusion
 - ~ Aggressive or irrational behaviour
 - ~ Altered consciousness
 - ~ Collapse
 - ~ Ashen grey pale skin
- 3.3.2 Where practical ensure this policy is adhered to
- 3.3.3 Modify games to suit conditions eg allowing extra drinks breaks, player substitutions etc

- 3.4 Treating heat illness (as recommended by Sports Med S.A.)
- Lay the person down and raise their legs
 - Remove as much clothing as possible
 - Apply active cooling measures, such as a fan or ie towels, if the core temperature is elevated
 - Apply ice packs to the armpits, groin, and neck areas
 - Give fluids, if the athlete is conscious
 - If the athlete remains seriously ill, confused, vomiting or shows signs of altered consciousness call an ambulance immediately and seek medical help
 - Continue cooling and if available, cool in shallow canvas/plastic bath of iced water (5-10minutes)

4. PARTICIPANTS RECOMMENDED FLUID PREPARATION AND REPLACEMENT RATE

- 4.1 Athletes should drink at least 500ml (2 glasses) of water in the 2 hours prior to exercise
- 4.2 Athletes engaged in exercise lasting 60 minutes or longer should drink at least 500ml (2 glasses) of water or sports drink per hour.
- 4.3 Athletes should during training/games/competitions take advantage of all breaks to drink up.
- 4.4 After training exercise athletes should drink water to replace your fluid deficit to ensure that they are fully re-hydrated.

NB - The use of spray bottles is permitted however, usage must be minimized and any overspray must be dried to ensure no slip hazard is created.

5. CANCELLATIONS

- 5.1 If the Adelaide temperature is forecast to be 38 degrees or higher as reported in the 7am news bulletin on ABC Radio 891, then all Junior Team sports held in the Sports Stadium will be cancelled.
- 5.2. If the Adelaide temperature is forecast to be 40 degrees or higher as reported in the 7am news bulletin on ABC Radio 891, then Senior Team sports held in the Sports Stadium will be cancelled.

NB The Fitness Studio and Gymsports Hall are air conditioned and will remain open except on Catastrophic Fire Danger days

5. CATASTROPHIC FIRE DANGER DAY

When the CFS declares a Catastrophic Fire Danger day for the Mt Lofty Ranges fire ban district the whole centre will be closed.

