

TEMPLATE ACSA hOT WEATHER GUIDELINES

Date of issue: July 2019

Date of next review: July 2020

This template was developed by ACSA, with reference to Sports Medicine Australia (SMA) Hot Weather Guidelines. ACSA acknowledges that heat can affect the health and safety of athletes involved in Cheer and Dance Sport. Adopting Hot Weather Guidelines for your club will assist you to determine when classes should be modified or cancelled in the case of extreme weather.

This template is designed to be used as a guide to assist you to develop guidelines that relate to your club. Please read this template carefully. It is important that your club adapts and modifies the template to suit your club’s specific needs before adopting.

This cover page is not part of the template.

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| **Template Version number** | **Author** | **Description** | **Date** |
| 1 | AB | Version 1 | 11 July 2019 |

<insert club/event logo

ACSA hOT WEATHER GUIDELINES

Date of issue: <insert date issued by you club>

Date of next review: <insert review date – ideally one or two years from date adopted>

Approved by: <insert club/event name, person and title>

These guidelines are based on the ACSA Hot Weather Guidelines

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# Purpose

These guidelines have been created with reference to Sports Medicine Australia (SMA) Hot Weather Guidelines. ACSA acknowledges that heat can affect the health and safety of athletes involved in Cheer and Dance Sport. Training is mostly indoors so there is no risk from direct exposure to the sun but there are still risks associated with training indoors in extreme heat. These guidelines have been created to assist us to determine when our classes should be modified or cancelled in the case of extreme weather.

# Coverage

These guidelines are designed to be used by our coaches and gym/studio to prioritise the wellbeing of our athletes.

# Roles and Responsibilities

These guidelines will be followed by all coaches involved with our club, ultimately the decision to modify or cancel training will be determined by <insert position and title e.g. gym owner>

# Hot Weather Guidelines

**Athlete Guidelines**

* If athletes feel unwell during training, they should stop training and rest.
  + While resting the athlete should hydrate. Misting or water spraying may also help.
* Athletes should replace their fluids before during and after exercise to avoid excessive dehydration which could lead to heat exhaustion or heat stroke
  + To stay hydrated SMA recommends athletes drink approx. 500ml in the two hours before training, 500-700ml during training (when training for more than 1 hour) and replenish fluids after training.
  + Remember to be careful not to over hydrate!
* For more information on Hydration see SMA’s ‘Drink Up Brochure’
* We recommend athletes wear clothing that minimises heat storage and increases sweat evaporation e.g. light weight, high wicking and provides adequate ventilation.

**Coaches Guidelines**

* On hot days when training hasn’t been postponed coaches will reduce the intensity of training and increase drink/rest breaks
  + *Remember even 5 minutes rest can reduce core temperature*
* <Remove if not applicable> We will utilise our fans to increase air flow and open doors to promote airflow where appropriate (i.e. if opening the door increases direct sunlight we will wait until later in the day)
  + *Remember air movement decreases heat stress*
* We will consider athletes who are predisposed to heat illness due to a medical condition or medication
  + E.g. asthma, diabetes, pregnancy, heart conditions and epilepsy.
* We will take preventative measures to minimise heat injuries for example encouraging athletes to use spray bottles and provide ample access to water.
* In hot conditions coaches will not force young athletes to continue training if they appear distressed or complain about feeling unwell.

**Gym Owner Guidelines**

* In non-airconditioned facilities when the ambient temperature published by the Bureau of Meteorology is forecast to reach 36 or above, we will postpone classes to a cooler part of the day or cancel training, refer to tables on page 4 in 6E.
* Classes may be cancelled when the temperature is below 36 degrees based on environmental factors such as temperature inside the gym, humidity and airflow.
* We will consider any unusual ‘heatwave’ conditions, such as consecutive hot days and extreme variations from the average temperature for the time of year.
* Where possible during extreme heat conditions we will avoid or reschedule training outside the hottest part of the day; usually 11am-3pm.
* We will consider the age of our athletes when modifying or cancelling training.
  + Young children are especially at risk in the heat and young athletes will be protected from over-exertion in hot climates, especially with intense or endurance exercise.
* We will consider fitness and athletic ability of athletes – physical and physiological characteristics will influence an athlete’s capacity to tolerate exercising in the heat and this will be considered with regard to cancelling training. We may apply our guidelines differently for our novice vs elite teams.

**Traveling to International Competitions**

* Traveling to international competitions where the temperature is significantly different to the current temperature at our gym, we will endeavour to arrive 7 days prior to the competition to allow for acclimatisation.

# General Information

**Heat Illness and Heat Stroke**

High intensity exercise in hot conditions can lead to heat illness which can present as heat exhaustion or heat stroke.

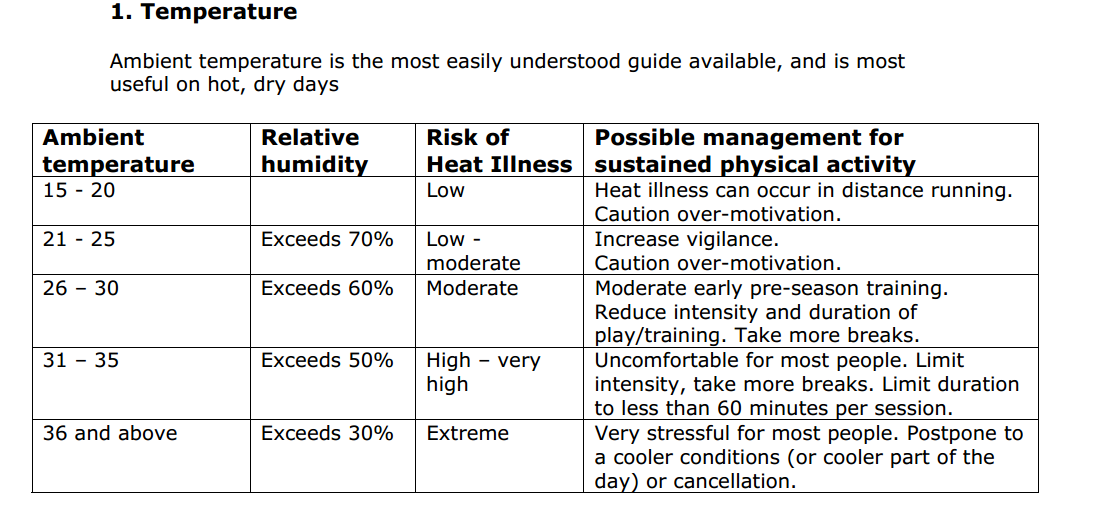
* Heat stroke is very severe and potentially fatal condition. For symptoms and treatment of heat stroke refer to medical guidance. **Professional medical treatment should be sought immediately.**
* Remember heat exhaustion and heat stroke can still occur even with good hydration.

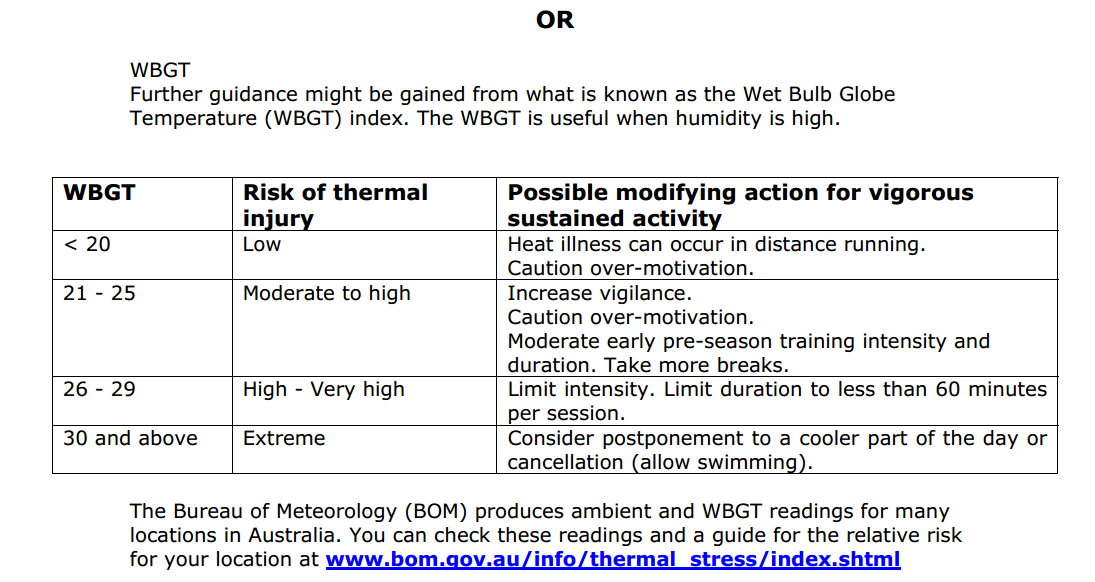
**Dehydration**

Fluid loss can occur during exercise from perspiration and respiration which can result in dehydration. Athletes who are dehydrated are more susceptible to fatigue and muscle cramps.

For more information regarding identifying and treating Dehydration, Heat Illness and Heat Stroke refer to Sports Medicine Australia.

1. References
2. Sports Medicine Australia - <https://sma.org.au/sma-site-content/uploads/2017/08/beat-the-heat-2011.pdf>
3. Sports Medicine Australia – Hot Weather Guidelines <https://sma.org.au/sma-site-content/uploads/2017/08/hot-weather-guidelines-web-download-doc-2007.pdf>
4. Sports Medicine Australia - UV-Exposure-and-Heat-Illness-Guide <https://sma.org.au/sma-site-content/uploads/2017/08/UV-Exposure-and-Heat-Illness-Guide.pdf>
5. Smart Play - drink up brochure - <https://lsv.com.au/wp-content/themes/abomb/pdf/members/Resources/Member_Welfare/Health_&_Safety/Sun_Safety/Drink_Up_Brochure_11.pdf>
6. Sports Medicine Australia Factors to Consider Before cancelling or modifying a sporting event or training – accessed from SMA Hot Weather Guidelines





1. Version Control

The following table provides details of what changes were made to this document, when and by whom. The table should be updated whenever any changes are made to this document.

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| **Version number** | **Author** | **Description** | **Date** |
| 1 | [insert author name or initials] | Version 1 of policy adapted from ACSA template (Version 1).  [note any significant changes from ACSA template] | [insert date] |
| *\*\*EXAMPLE\*\**  *2* | *\*\*EXAMPLE\*\**  *AB* | *\*\*EXAMPLE\*\**  *Updated Coaches Guidelines under Section 4 to include recommendation that coaches take x into account* | *\*\*EXAMPLE\*\**  *01/05/2019* |