



# EVOLVE ALL STARS HOT WEATHER GUIDELINES

Date of issue: January 2020

Date of next review: January 2021

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These guidelines are based on the ACSA Hot Weather Guidelines

## Table of Contents

1. Purpose.....	1
2. Coverage.....	1
3. Roles and Responsibilities.....	1
4. Hot Weather Guidelines.....	2
5. General Information.....	3
6. References.....	4
7. Version Control.....	4

## 1. Purpose

These guidelines have been created with reference to Sports Medicine Australia (SMA) Hot Weather Guidelines. Evolve All Stars acknowledges that heat can affect the health and safety of athletes involved in Cheerleading. 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.

## 2. Coverage

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

## 3. 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 Evolve head coaches.

## 4. 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*
- 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 regarding 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.

## 5. 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.

## 6. References

- A. Sports Medicine Australia - <https://sma.org.au/sma-site-content/uploads/2017/08/beat-the-heat-2011.pdf>
- B. Sports Medicine Australia – Hot Weather Guidelines <https://sma.org.au/sma-site-content/uploads/2017/08/hot-weather-guidelines-web-download-doc-2007.pdf>
- C. 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>
- D. 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](https://lsv.com.au/wp-content/themes/abomb/pdf/members/Resources/Member_Welfare/Health_&_Safety/Sun_Safety/Drink_Up_Brochure_11.pdf)
- E. Sports Medicine Australia Factors to Consider Before cancelling or modifying a sporting event or training – accessed from SMA Hot Weather Guidelines

### 1. Temperature

Ambient temperature is the most easily understood guide available, and is most useful on hot, dry days

Ambient temperature	Relative humidity	Risk of Heat Illness	Possible management for sustained physical activity
15 - 20		Low	Heat illness can occur in distance running. Caution over-motivation.
21 - 25	Exceeds 70%	Low - moderate	Increase vigilance. Caution over-motivation.
26 - 30	Exceeds 60%	Moderate	Moderate early pre-season training. Reduce intensity and duration of play/training. Take more breaks.
31 - 35	Exceeds 50%	High - very high	Uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 60 minutes per session.
36 and above	Exceeds 30%	Extreme	Very stressful for most people. Postpone to a cooler conditions (or cooler part of the day) or cancellation.

OR

WBGT

Further guidance might be gained from what is known as the Wet Bulb Globe Temperature (WBGT) index. The WBGT is useful when humidity is high.

WBGT	Risk of thermal injury	Possible modifying action for vigorous sustained activity
< 20	Low	Heat illness can occur in distance running. Caution over-motivation.
21 - 25	Moderate to high	Increase vigilance. Caution over-motivation. Moderate early pre-season training intensity and duration. Take more breaks.
26 - 29	High - Very high	Limit intensity. Limit duration to less than 60 minutes per session.
30 and above	Extreme	Consider postponement to a cooler part of the day or cancellation (allow swimming).

The Bureau of Meteorology (BOM) produces ambient and WBGT readings for many locations in Australia. You can check these readings and a guide for the relative risk for your location at [www.bom.gov.au/info/thermal\\_stress/index.shtml](http://www.bom.gov.au/info/thermal_stress/index.shtml)

## 7. 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.

Version number	Author	Description	Date
1	AB	Version 1 of policy adapted from ACSA template (Version 1).	Jan 2020