



ATHLETICS NORTH QUEENSLAND

Hot Weather Policy

Guidelines and Recommendations for Affiliated Clubs, Members, and Athletics North Queensland Sanctioned Competitions

Overview

Athletics North Queensland has a responsibility to take a positive role in educating and increasing the awareness of its registered members in regards to the dangers of physical activity in the heat. Athletics North Queensland acknowledges it has a responsibility and duty of care to ensure the safety of participants, particularly in competitions conducted by and on behalf of Athletics North Queensland. With this in mind, the Athletics North Queensland Hot Weather Policy for affiliated clubs, members, and Athletics North Queensland sanctioned competitions has been developed with reference to the guidelines produced by Sports Medicine Australia (SMA). In referring to this policy, members are encouraged to review these guidelines on the SMA website by visiting www.smasa.asn.au

The policy shall apply to all members, administrators, officials, coaches and athletes associated with Athletics North Queensland and its affiliated clubs.

Rationale

Exercise in the heat places extra demands on the body, particularly when participants are exposed to excessive heat for an extended period of time. The dangers of high intensity exercise in a hot environment, accompanied with associated fluid loss and elevation of body temperature can be harmful and even fatal. Dehydration, heat exhaustion and heat stroke may result if proper precautions are not taken.

In deciding whether to modify, cancel or postpone events or training due to the heat, there are many factors that need to be taken into consideration.

The following recommended guidelines have been produced by Athletics North Queensland to assist our association, its affiliated clubs and members in deciding whether to modify, cancel or postpone events or training



Temperature Determination

The forecast maximum temperature referred to in this Policy is that issued by the Bureau of Meteorology (BOM) at 4:00pm CDT two days prior to competition (4pm Thursday for Saturday competition).

Members are encouraged to refer to the Bureau's website which can be found at www.bom.gov.au/qld/townsville. Athletics North Queensland will also post a notice on its website and a message on its answering machine if the following day's competition will be modified or, in extreme cases, cancelled.

Ambient Temperature

The following table, produced by Sports Medicine Australia, shows a number of ambient temperature ranges and the associated risk of heat illness. This table should

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	Recommended management for sports activities
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.

Source: www.sma.org.au



Recommended Guidelines and Actions for Competition

Temperatures 30 degrees or less

1. For competitions where the forecast maximum temperature is 30 degrees or below, participants should exercise caution, particularly in endurance events or those that require the participants to remain in direct sunlight for an extended period of time
2. Participants should drink often to remain hydrated and implement sun smart procedures (e.g. long sleeve shirt, hat, sunglasses, sunscreen)
3. No competition modifications are recommended, however distance events are best held in the coolest part of the competition period.
4. The hours between 11am and 3pm in summer are generally said to be the hottest period of the day

Temperatures between 31 and 37 degrees (inclusive)

1. For competitions where the forecast maximum temperature is between 31 and 37 degrees (inclusive), participants should exercise caution, particularly in endurance events such as long distance running
2. Distance events should be scheduled in the coolest part of the competition program
3. Athletes should carefully consider the number of events they compete in over the course of the competition, particularly when temperatures reach the higher end of this range
4. Athletics North Queensland will provide shade at event sites for athletes and officials where possible
5. If the predicted temperature is 35 degrees or above, Athletics North Queensland will supply water for athletes and officials
6. Participants should drink often to remain hydrated and implement sun smart procedures (e.g. long sleeve shirt, hat, sunglasses, sunscreen)
7. Modifications to the competition program should be considered

Temperatures between 38 and 40 degrees (inclusive)

1. For competition where the forecast maximum temperature is between 38 and 40 degrees (inclusive), participants should exercise extreme caution
2. Distance running events exceeding 1500m in length will be cancelled or postponed until after sunset (if applicable)
3. Athletics North Queensland championship competitions may have separate hot weather contingency plans, which will be detailed within the rules of entry for each event. These plans are in addition to the Athletics North Queensland Hot Weather Policy and should be read in conjunction with this





4. Athletes and Officials, should consider reducing the number of events in which they participate
5. All officials will be required to leave the field and take a 10 minute break for every hour of competition
6. Athletics North Queensland will provide water for all athletes and officials
7. Participants should drink often to remain hydrated and implement sun smart procedures (e.g. long sleeve shirt, hat, sunglasses, sunscreen)

Temperatures 41 degrees and above

1. Athletics North Queensland competitions will be cancelled when the temperature reaches 41 degrees or above

Discretionary Cancellation

Athletics North Queensland reserves the right to cancel any competition at its absolute discretion if it is deemed that the environmental conditions, such as extreme humidity, present a serious health risk to athletes and officials, even if temperatures fall within the acceptable levels detailed within this policy document

Further Recommended Actions

1. Coaches, Managers and Officials strongly promote and encourage fluid replacement before the competition, during breaks and after the competition
2. Where possible, Athletics North Queensland, clubs or facility providers will promote fluid replacement before, during and after the competition over the PA System
3. Athletics North Queensland, clubs or facility providers will strongly promote the use of existing shaded areas by participants during breaks in activity
4. Athletics North Queensland, clubs or facility managers will provide extra temporary shade where possible.
5. Elderly participants, female participants, young children, and those with predisposed medical conditions are at a higher risk of heat related illness and are therefore encouraged to carefully consider their level of participation in athletic events in extreme heat conditions.



Recommended Guidelines and Actions for Club Training

When the predicted temperature on the day of a training session is 30 degrees or above, clubs and coaches should consider making modifications to training sessions in the following ways

- Train early in the morning or late at night (preferably after sunset) to avoid the hottest part of the day
 - Consider reducing the intensity and or duration of the training session
 - Take frequent breaks in the shade where possible and complete instructional time and recovery periods in shaded areas where available.
 - Clubs and coaches should consider providing extra shade (e.g. pop top tents) where possible
 - Clubs, coaches, parents, and training partners should encourage participants to drink before and after, and often during the training session to ensure adequate hydration
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- Clubs and coaches could also consider moving the training session to an alternate environment (e.g. beach or swimming pool)
 - The decision to cancel training is the responsibility of clubs and coaches
 - Coaches should closely monitor all athletes' response to the conditions and make adjustments to the training load and duration for each athlete if necessary
 - Clubs and coaches should ensure that water is available to all athletes when training sessions are conducted in extreme heat
 - If the temperature is above 38 degrees and above, clubs and coaches should consider postponing or cancelling the training session.

Education

All affiliated clubs and members are strongly encouraged to familiarise themselves with the Athletics North Queensland Hot Weather Policy Guidelines and Recommendations

Clubs through administrators, team coaches and managers should:

- actively encourage participants to bring personal drink bottles to both training sessions and competitions.
- educate participants about the importance of hydration, maintaining fluid levels and drinking before, during and after participation.
- be aware of any participant with existing medical conditions (e.g. cold, flu, asthma, heart conditions etc).



- remind participants that if they are feeling dizzy, faint or nauseous to discontinue activity and seek medical attention.
- keep an eye out for any participant looking confused or suffering any loss of endurance or skill level – this can be a sign of heat exhaustion.

Intended Use

This document is intended to be used as a guide only and should be read in conjunction with the following Sports Medicine Australia documents:

- Hot Weather Guidelines for Sporting Clubs and Associations and the Physically Active
- Guidelines for Cancelling or Modifying Sporting Events During Hot Weather
- Drink Up

Ultimately, everyone is different and individuals will respond to participation in physical activity in extreme conditions in different ways. To this end, individuals are encouraged to assess their level of participation in athletic events and training in order to best avoid heat related illness. Participants, particularly young children, should never be forced to participate in events or training in extreme heat.

Policy Review

The Athletics North Queensland Hot Weather Policy Guidelines and Recommendations for Affiliated Clubs, Members, and Athletics North Queensland Sanctioned Competitions will be reviewed annually to ensure it remains current and practical

Version	Created by	Approved by	Date	Review date
1.0	ANQ	J. Minehane Operations Manager	October 2014	October 2016