



## Calisthenic Association of South Australia Inc

### POLICY 6

#### HOT WEATHER POLICY

##### Policy for all CASA Teams Practising in Hot Weather

##### **HOT WEATHER POLICY FOR CHILDREN (SPORTS MEDICINE AUSTRALIA)**

***“At ambient temperature greater than or equal to 34 degrees Celsius there is extreme risk of heat injury to all children and adolescents participants. Events and activities involving children and adolescents that are conducted or scheduled for times likely to present conditions where the ambient air temperature is greater than or equal to 34 degrees Celsius, should be postponed or cancelled”.***

In line with Sports Medicine Australia recommendations the following policy has been developed for Calisthenics with South Australia. The policy has taken into account that Calisthenics is predominantly conducted as an indoor sport in controlled and supervised environments.

The following policy applies to all CASA Teams (National, Ballarat, Precision or other) and is recommended for all affiliated clubs:

- If the forecast temperature (on the 6pm National Nine News or 7pm ABC television news service the previous evening) exceeds 36 degrees Celsius, practice is cancelled, unless the practice hall is air-conditioned.
- **If the forecast temperature (on the 6pm National Nine News or 7pm ABC television news service the previous evening) exceeds 38 degrees Celsius, practice is cancelled.**
- If the forecast temperature (on the 6pm National Nine News or 7pm ABC television news service the previous evening) does not exceed 36 degrees Celsius and the actual temperature during practice (as reported by the Bureau of Meteorology) exceeds 36 degrees Celsius the coach shall terminate the practice, unless the practice hall is air-conditioned.
- If the forecast temperature (on the 6pm National Nine News or 7pm ABC television news service the previous evening) does not exceed 38 degrees Celsius and the actual temperature during practice (as reported by the Bureau of Meteorology) exceeds 38 degrees Celsius, the coach shall terminate the practice.

- Practices cancelled for reason of heat can be 'made up' by extending other practice sessions by no more than one hour or by conducting an extra practice.
- At least two weeks notice of additional practice time must be given to parents and team members.

~~Seniors have been exempted from the temperatures specified above. For Senior aged participants add 2 degrees Celsius to those temperatures specified.~~  
deleted 2006.

**On days where temperatures exceed 36 degrees Celsius, coaches shall be particularly mindful of providing additional and/or longer rest periods and drinks breaks and also reducing work levels to lessen the potential for heat stress.**

In addition to all recommendations below for dealing with heat the CASA Committee of management has approved variations to State Team practice times. On days when it appears that practices may be affected by excessive heat, a practice start time of not earlier than 9.00am is permitted.

In an effort to minimise family disruptions, any such alteration to the start time shall be notified to participants or parents by at least the Wednesday prior to the altered practice but not later than the Thursday.

## References

- Sports Medicine Australia (South Australian Branch), *Play Safe Sport, Beat the Heat*
- Sports Medicine Australia, Policy, Preventing Heat Illness in Sport

## Recommended Hot Weather Policy for Clubs

This policy has been developed to assist in the prevention of heat-related illness and heat stress for calisthenic participants who practice or perform during hot weather.

Heat stress can result when a person's body becomes overheated- and dehydrated, if untreated, heat stress can progress from heat cramps, to heat exhaustion and heat stroke. Signs and symptoms of heat stress may include:

- Painful muscle cramps of the limbs and abdomen;
- nausea and/or vomiting;
- tiredness, dizziness or weakness;
- headache;
- thirst;
- feeling faint;
- lack of coordination, confusion or irritability;
- rapid breathing and pulse.

If the condition progresses to heat stroke, the person may suffer seizures and lose consciousness.

## Prevention of Heat Stress

Inadequate fluid intake decreases the body's ability to cool itself. Good fluid intake is therefore a very important step in preventing heat stress.

### **Drink plenty of water before, during and after the practice or performance.**

- Drink cold water as this is absorbed more rapidly than warm water.
- Drink before you get thirsty. Thirst is a late sign of severe fluid loss.
- For an adult or child over the age of 14 years, the suggested fluid replacement regime is:
  - Drink 500ml (2-3 glasses) half to one hour before practice.
  - Drink 200ml (1-2 glasses) or 3ml of fluid per kilogram of body mass, whichever is greater, every 15-20 minutes during exercise
  - Drink 500ml to 1 litre (5-6 glasses) after exercise.
- For a child under the age of 14 years, reduce these amounts according to the child's size.
- Remember – Re-hydration may take up to 24 hours

## Dress 'Cool'

Wear light clothing, if possible. (Coaches should take particular care if participants are wearing costumes that are thick, heavy or have limited ventilation for air around the body or head).

Wear your hair up in a bun (to help keep the neck and head cool).

If performing outdoors, wear sunscreen on all exposed parts of the body (including face, chest, shoulders, ears and back of neck) and cover up with light clothing and a hat as soon as the performance is finished.

## Recommendations for Coaches

Practice should be cancelled or terminated if the temperature **exceeds 36 degrees** Celsius (unless your practice hall is air-conditioned). Additionally, practice should be cancelled or terminated if the temperature **exceeds 38 degrees** Celsius. Remember also that humid weather increases the risk of heat stress.

Ensure that your participants have had sufficient fluids before class and ensure that they have regular breaks for drinks during practice (every 15-20 minutes). Remind them to drink after practice as well.

Use whatever ventilation (e.g. fans, open doors) is available to promote evaporation of sweat.

Watch for signs of heat stress in team members and give first aid treatment if you suspect that a girl may be getting dehydrated and/or overheated. Remember that anyone who has been unwell (e.g. with vomiting or diarrhoea) may be particularly vulnerable to heat stress. Children, who are overweight, unfit or have asthma, diabetes or other medical conditions are at increased risk.

## **First Aid for Heat Stress**

1. Stop the person and sit or lie them down (in the shade if outdoors).
2. If the person is unconscious, lay them on their side and call an ambulance.
3. Loosen and remove any excessive clothing.
4. Cool the body by fanning and apply cold, wet cloths or wrapped ice packs to the armpits and groins.
5. Give them cool or cold water or cordial to drink. (This should be taken in small but regular sips if the person is feeling nauseous or has vomited). Do not give fluids if the person is unconscious.
6. Always seek medical help if the person loses consciousness, is vomiting and cannot keep fluids down or if they have less severe symptoms but their condition does not improve quickly after first aid.

### **NOTE**

**This Policy is recommended to all affiliated Clubs and is primarily applicable to, but not restricted to participants under 13 years of age. CASA recommends this Hot Weather Policy to all affiliated clubs. Heat stress is an injury. Any injury sustained during a Calisthenic activity is covered by the participants insurance. Participants injured while not complying with their State bodies rules and policies may experience substantial difficulties with their claim, and clubs should ensure that they have adequate additional insurance should such a situation eventuate. CASA will not support any claim for any heat injury sustained through non compliance with the recommended policy.**

### Commencement of this Policy

**This Policy is valid from midnight 11 December 2006**

This Policy may be varied or revoked at any time by notice in writing.

### Revocation of Previous Policy

The Policy titled 'Calisthenic Association of South Australia Inc. Policy 6, Hot Weather Policy, **dated 13 March 2006 is revoked at midnight 11 December 2006.**

**Authorised by the CASA Committee of Management 11 December 2006.**

**President**