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HOT WEATHER POLICY

COMPETITIONS, TRAINING AND ASSOCIATED ACTIVITIES

1. RATIONALE

Lacrosse SA, its affiliated clubs, bodies and members have a responsibility to ensure the health and wellbeing of staff, volunteers, players, officials and spectators. In fulfilling this responsibility, all members have a duty to provide and maintain an environment that is safe and without risks to health.

The LSA Hot Weather Policy will assist volunteers, players, officials and spectators to undertake necessary action in cases of extreme hot weather. This is to prevent injury, and possible death, from heat illness by recognising and managing potentially dangerous heat situations.

2. RISKS ASSOCIATED WITH HOT WEATHER

LSA recognises that the risk of an elevated body temperature from high intensity sport in a hot environment is significant, and can lead to heat illness presented as heat exhaustion and heat stroke. Symptoms can be worse if fluid replacement during exercise is inadequate which leads to fluid loss and dehydration.

Sports Medicine Australia characterises heat exhaustion by a high heart rate, dizziness, headache, loss of endurance/skill/nausea, clammy and pale skin, and collapse.

Heat stroke is similar to heat exhaustion but with a dry skin, confusion, collapse and possible coma. It may arise in a player who is suffering from heat exhaustion and has persisted in exercise. This is a potentially fatal condition and must be treated immediately.

3. FACTORS AFFECTING PARTICIPANTS IN HOT WEATHER

LSA recognises that there are several factors that may affect participants during days of extreme heat, including humidity, duration/intensity, timing (between 11am and 3pm) hydration, fitness level, age and gender.

Women, children and the elderly may suffer more in the heat during exercise. This may be due to a greater percentage of body fat in women, and poorly developed sweating mechanism in children.

4. COMPETITIONS IN HOT WEATHER

Clubs shall check the temperature forecast 1 day prior to every competition, as published by the Australian Bureau of Meteorology. Information is to be obtained from www.bom.gov.au at 9.00am. If the temperature in is forecasted to be 33 degrees celsius or greater for junior competitions or 36 Degrees Celsius or greater for senior competitions, the competition shall be postponed.

A junior player is classified as any player that participates in the Junior Age Competitions.

The rescheduled competition shall be played and completed by 11.00am or commenced after 6.00pm on the scheduled day if the weather is 33 Degrees Celsius or greater for junior age competitions or 36 Degrees Celsius or greater for senior competitions, as approved by the LSA Executive Officer in conjunction with the Director - Competition. No games or training activity is to be undertaken between 11.00am and 6.00pm during the highlighted temperatures. If the competition cannot be rescheduled within these times the competition or training session shall be postponed.

If the temperature is scheduled to be 33 Degrees Celsius or greater all outdoor training/game activities are to be postponed for all junior aged teams.

If the temperature is scheduled to be 31 degrees celsius or greater, a drink break must be held every 10 minutes, stop clock in last 2 mins of each half ONLY and consideration given to extending half time. The timing of the drink break is at the discretion of the match official but should occur, where possible, at the half way point of each quarter/half.

In some circumstances, the match official, in consultation with the team officials, may permit two drink breaks per half. If this is implemented, the drink breaks are to be held, where possible, every 10 minutes.

If the temperature is scheduled to be 36 degrees celsius or greater for Junior Competitions, 39 Degrees Celsius or greater for Senior Competitions, all competitions are to be cancelled.

5. TRAINING IN HOT WEATHER

If the temperature is scheduled to be 33 degrees celsius or greater for junior age or 36 degrees celsius or greater for seniors at 9.00am on the day, all outdoor training sessions are to be undertaken and completed by 11.00am or after 6.00pm. No outdoor training activities are to occur between 11.00am and 6.00pm. Training sessions that are conducted in an air-conditioned venue may continue.

If the temperature is 33 degrees celsius or greater, at the time of the activity, all outdoor training activities are to be postponed for all junior aged teams. Training sessions that are conducted in an air-conditioned venue may continue.

If the temperature is scheduled to be 36 degrees celsius or greater, at the time of the activity, all outdoor training activities are to be postponed for all adult participants. Training sessions that are conducted in an air-conditioned venue may continue.

6. CLUB REQUIREMENTS DURING HOT WEATHER

Clubs shall encourage all players and officials to drink fluids prior to and during all competitions and training sessions to avoid dehydration, and for rehydration following competitions and training sessions.

In all competitions and training sessions, clubs and officials shall ensure that there is an adequate supply of water for drinking and refreshment and the appropriate drinks breaks are taken as necessary during these competitions or training sessions.

In all competitions and training sessions, clubs shall ensure that water bottles are accessible to players.

Clubs will make every effort to provide adequate resources for players to participate including, the provision of water and ice, and will monitor their players to ensure that they are fit enough to participate or continue to participate.

Clubs shall, where possible, provide a shaded area for players and officials during breaks at all competitions and training sessions.

7. FIRST AID TREATMENT

Players and officials with any symptoms of heat illness shall immediately cease exercising. They shall have immediate first aid treatment including Strip/Soak/Fan.

- strip off any excess clothing;
- soak with water;
- fan;
- ice placed in groin and armpits is also helpful.

The aim is to reduce body temperature as quickly as possible. The athlete should immediately be referred for treatment by a medical professional.

Important: heat exhaustion/stroke can still occur even in the presence of good hydration.

8. ADDITIONAL RESOURCES

Additional information can be obtained from Sports Medicine Australia (www.sma.org.au):

- Beat the Heat: <http://sma.org.au/wp-content/uploads/2011/03/beat-the-heat-2011.pdf>
- Hot Weather Guidelines: <http://sma.org.au/wp-content/uploads/2009/05/hot-weather-guidelines-web-download-doc-2007.pdf>

TEMPERATURE DURING ACTIVITY INCLUDING DURATION FOR JUNIORS

At ambient temperature greater than or equal to 30 degrees celsius, children have greater difficulty getting rid of heat than adults.

AMBIENT TEMPERATURE (CELSIUS) OUTCOME	
Less than 25 degrees	Match played per normal conditions
26 degrees – 30 degrees	Stop clock in last 2 mins of each half ONLY
31 degrees – 32 degrees	Time out for water break every 10 mins Stop clock in last 2 mins of each half ONLY Consideration given to extending half time
33 degrees	Postpone all activities unless in an air-conditioned venue

TEMPERATURE DURING ACTIVITY INCLUDING DURATION FOR SENIORS

AMBIENT TEMPERATURE (CELSIUS) OUTCOME	
Less than 25 degrees	Match played per normal conditions
26 degrees – 30 degrees	Stop clock in last 2 mins of each half ONLY
31 degrees – 35 degrees	Time out for water break every 10 mins Stop clock in last 2 mins of each half ONLY Consideration given to extending half time
36 degrees (30 degrees WBGT)	Postpone all activities unless in an air-conditioned venue