

South Australian Synchronised Ice Skating Club Inc.

**HOT WEATHER & EXTREME WEATHER POLICY**

**January 2016**

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*All South Australian Synchronised Ice Skating Inc. Members abide by SAISA's Weather Policy as below.*

## **Hot Weather Policy**

### **Purpose**

Figure Skating on ice is an indoor sport usually conducted under air-conditioned climates. The South Australian Ice Skating Association (SAISA), however, recognises hot weather could become high risk for members travelling to the ice rinks or attending off-ice training sessions. SAISA and all affiliated clubs have a duty of care to all skaters, officials, volunteers and spectators. The following policy is to ensure all SAISA members are protected in high-risk temperatures and that no member shall suffer injury or damage due to such conditions.

### **Scope**

The policy is binding on SAISA and all affiliated clubs.

The policy refers to children, adolescents, adults, irrespective of whether they are skaters, officials, volunteers, etc.

The policy applies to, but is not restricted to:

- Training
- Clinics and sports camps
- Off-ice practices
- Other events and activities determined from time to time

### **Factors of heat related illnesses**

High-risk temperatures will affect individuals differently based on:

- Air temperature and humidity
- Age
- Air movement
- Length of exposure to the high-risk temperature
- Clothing
- Acclimatisation
- Hydration levels
- Illnesses and medical conditions

### **Responsibilities**

The safety of all members is primarily an individual responsibility. SAISA provides the guidelines in this policy to ensure all members understand their individual responsibilities.

## Hot Weather Policy

### **SAISA responsibilities:**

SAISA will provide a policy, distribute Sports Medicine Australia literature, and ensure members understand their responsibilities to avoid unnecessary risk.

### **Coach, team manager or SAISA official responsibilities:**

Coaches, team managers and SAISA officials have the authority and the responsibility in conditions deemed high-risk to:

- Cancel training
- Alter the start times
- Alter the length of the session
- Modify breaks
- The coach, team manager or SAISA official shall not cancel training based on the least fit member when detrimental to the majority of members. The coach or team manager will not deem any condition as high-risk based solely on ambient temperature; other factors such as age of the participants, air movement, humidity, shade and other factors will be considered. However, on days when the ambient temperature forecast is 38 degrees or higher all outdoor events must be cancelled.

### **Member responsibilities:**

Individuals have a responsibility to withdraw from an event if participating will place them at risk of health implications.

Members must:

- Read and understand the SAISA Hot Weather Policy and any Sports Medicine Australia literature.
- Follow the directions of the coach, team manager or SAISA official
- Assess their susceptibility to heat stress
- Seek advice of a medical professional if unsure whether high-risk Conditions are present
- Inform the coach, team manager or SAISA official if the member feels

Any symptoms as detailed in Sports Medicine Australia 'Beat the Heat' fact sheet.

# **Hot Weather Policy**

## **Useful information on hot weather and sport**

### **Dehydration**

Fluid loss occurs during exercise, mainly due to perspiration and respiration. It makes an athlete more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke.

Sports Medicine Australia recommends athletes drink:

- At least 500mls (2-3 glasses) ½ to 1 hour prior to exercise
- At least 200mls (1 glass) every 10-15 minutes during exercise
- And after exercise drink 1.5 times your fluid deficit to ensure you are fully re-hydrated

### **Heat exhaustion**

Dehydration can lead to heat exhaustion characterised by:

- High heart rate, dizziness, headache, loss of endurance or skill, confusion, nausea
- Pale colour to skin which may still be cool/sweaty
- Reduction in urine output, highly concentrated urine (will be darker than normal)
- Cramps

### **Heat stroke**

Severe dehydration may lead to heat stroke which is potentially fatal:

- The athlete may not have shown signs of heat exhaustion and have continued with the activity
- Heat stroke is characterised by symptoms similar to heat exhaustion but with a dry skin, confusion and collapse N.B. heat exhaustion/stroke can still occur even in the presence of good hydration.

### **Strategies**

Drink breaks - Opportunities for drink breaks should be scheduled every 15 and 30 minutes

Shades - Shades and shelters must be available whether there is natural shade or not

Headwear - Suitable, preferably broad-brimmed hats should be worn

Sunscreen - Broad spectrum water resistant SPF 30+ sunscreen must be made available for use by participants.

Drinking water - Iced water must be made available

Cooling - Spray bottles containing water should be made available so as to allow participants to douse themselves, thereby assisting the cooling process

# **Extreme Weather Policy**

## **Purpose**

Figure Skating on ice is an indoor sport usually conducted under air-conditioned climates.

The South Australian Ice Skating Association (SAISA), however, recognises inclement weather could become high risk for members travelling to the ice rinks or attending off-ice training sessions. SAISA and all affiliated clubs have a duty of care to all skaters, officials, volunteers and spectators. The following policy is to ensure all SAISA members are protected in high-risk temperatures and that no member shall suffer injury or damage due to such conditions.

## **Scope**

The policy is binding on SAISA and all affiliated clubs.

The policy refers to children, adolescents, adults, irrespective of whether they are skaters, officials, volunteers, etc.

The policy applies to, but is not restricted to:

- Training
- Clinics and sports camps
- Off-ice practices
- Other events and activities determined from time to time

## **Factors**

- Extreme heat
- Extreme fire danger
- Lightning and severe hail
- Wet Weather

## **Responsibilities**

The safety of all members is primarily an individual responsibility. SAISA provides the guidelines in this policy to ensure all members understand their individual responsibilities.

### **SAISA responsibilities:**

SAISA will provide a policy and ensure members understand their responsibilities to avoid unnecessary risk.

### **Extreme Weather Policy**

#### **Coach, team manager or SAISA official responsibilities:**

Coaches, team managers and SAISA officials have the authority and the responsibility in conditions deemed high-risk to:

- Cancel training
- Alter the start times
- Alter the length of the session
- Modify breaks

#### **Member responsibilities:**

Individuals have a responsibility to withdraw from an event if participating will place them in a position of danger and must:

- read and understand the Extreme weather policy
- Follow the directions of the coach, team manager or SAISA official

**Hot Weather:** see Hot weather policy (see above regarding Hot Weather.)

**Extreme fire danger:** Officials should be aware of any CFS fire danger warnings and review such things as the present weather conditions and the traffic conditions within the immediate area as well as outlying roads on which the participants may be arriving. Based on this information, the officials will decide whether to cancel the session or make other arrangements. Orders from authorities to vacate or not enter the area must be heeded.

**Lightning and severe hail:** The observation of approaching storm clouds, the first flash of lightning or clap of thunder, should heighten lightning-awareness. The level of risk depends on one's location (direction and distance) relative to the storm cell and the direction the storm is travelling. A simple method of determining the distance to the storm cell is to measure the time elapsed from the lightning flash is observed and when the associated clap of thunder is heard.

Dividing the time delay by 3 gives the approximate distance in kilometres. If you hear thunder, find shelter urgently, especially if the time delay is less than 30 seconds. Ensure participants remain sheltered for at least 30 minutes after the last sound of thunder and:

## **Extreme Weather Policy**

- Seek shelter in a solid building avoiding small open structures
- Never shelter under small groups of trees or single trees
- Stay away from metal objects i.e. poles, fences, umbrellas etc.

**Wet weather:** Officials should review such things as the present weather conditions and the traffic conditions within the immediate area as well as outlying roads on which the participants may be arriving. Based on this information, the officials will decide whether to cancel the session or make other arrangements. Before continuing the activity factors such as the age of the participants and their health and medical issues should be factored in as well as the length of the training, access to shelter, appropriate clothing, slipperiness of the surface, quality of the light.

### **Reading matter**

- Beat the Heat-Fact Sheet
- UV Exposure and Heat Illness Guide.pdf

Available from the Sports Medicine Australia website :

<http://sma.org.au/resources/policies/hot-weather>