



Hot Weather Policy

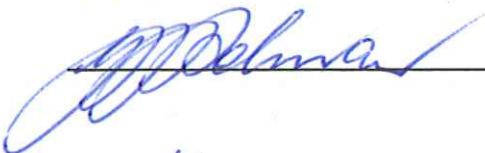
Club Name: Blackwood Community Recreation Association Inc.

Address: 1 Northcote Road

CITY: Eden Hills **Postcode:** 5050

Approved by BCRA Inc.: GARRY DELMAN

Position held: PRESIDENT

Signed: 

Date of Approval: 19 / 12 / 24

Last Date of Review: / /

Next Date of Review: 18 / 12 / 26

- 3.3 Officials will:-
- 3.3.1 Where practical, monitor participants for signs of heat illness eg
- ~ Light headedness, dizziness
 - ~ Nausea
 - ~ Obvious fatigue
 - ~ Cessation of sweating
 - ~ Obvious loss of skill and coordination/clumsiness or unsteadiness
 - ~ Confusion
 - ~ Aggressive or irrational behaviour
 - ~ Altered consciousness
 - ~ Collapse
 - ~ Ashen grey pale skin
- 3.3.2 Where practical ensure this policy is adhered to
- 3.3.3 Modify games to suit conditions eg allowing extra drinks breaks, player substitutions etc

- 3.4 Treating heat illness (as recommended by Sports Med S.A.)
- Lay the person down and raise their legs
 - Remove as much clothing as possible
 - Apply active cooling measures, such as a fan or ie towels, if the core temperature is elevated
 - Apply ice packs to the armpits, groin, and neck areas
 - Give fluids, if the athlete is conscious
 - If the athlete remains seriously ill, confused, vomiting or shows signs of altered consciousness call an ambulance immediately and seek medical help
 - Continue cooling and if available, cool in shallow canvas/plastic bath of iced water (5-10minutes)

4. PARTICIPANTS RECOMMENDED FLUID PREPARATION AND REPLACEMENT RATE

- 4.1 Athletes should drink at least 500ml (2 glasses) of water in the 2 hours prior to exercise
- 4.2 Athletes engaged in exercise lasting 60 minutes or longer should drink at least 500ml (2 glasses) of water or sports drink per hour.
- 4.3 Athletes should during training/games/competitions take advantage of all breaks to drink up.
- 4.4 After training exercise athletes should drink water to replace your fluid deficit to ensure that they are fully re-hydrated.

NB - The use of spray bottles is permitted however, usage must be minimized and any overspray must be dried to ensure no slip hazard is created.

5. CANCELLATIONS

- 5.1 If the Adelaide temperature is forecast to be 36 degrees or higher as reported on the BOM website the morning of, then all Junior Team sports held in the Sports Stadium will be cancelled.
- 5.2. If the Adelaide temperature is forecast to be 38 degrees or higher as reported on the BOM website, then Senior Team sports held in the Sports Stadium will be cancelled.
- 5.2.1 Weekday activities will be cancelled and teams notified the morning of the scheduled activity
- 5.2.2 Weekend activities will be cancelled on the business day prior to the scheduled weekend activity.

NB The Fitness Studio and Gymsports Hall are air conditioned and will remain open except on Catastrophic Fire Danger days

6. CATASTROPHIC FIRE DANGER DAY

When the CFS declares a Catastrophic Fire Danger day for the Mt Lofty Ranges fire ban district the whole centre will be closed.