

# Trott Park Fencing Club

## Hot weather policy



### Authorised by

President, Trott Park Fencing Club

### Effective date

24 May 2017

### To be reviewed by

Annual General Meeting 2019 – children, young people and families are encouraged to be actively involved in the review of this policy.

### Last amended

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It is acknowledged that Trott Park Fencing Club operates during hot periods throughout the year. Fencing is generally an indoor sport and hot weather conditions are not normally considered detrimental to the sport, however irrespective of the predicted maximum temperature for the day, the club coach(es) will invoke this policy and will strictly follow the guidelines in this policy to keep our members safe and healthy.

Club training nights will not be cancelled in the event of hot weather, however training activities will be modified and in extreme hot weather a training night may finish earlier at 8.30 pm. In this instance, notification will be given on the Club's Facebook page at approximately 6.00 pm and an email sent to active Club members. Note that humidity will also be considered in invoking this policy, as high humidity can also create stressful conditions.

### Purpose

The purpose of this policy is to prevent injury, and possible death, from heat illness in fencing and associated activities by assisting coaches, club members and volunteers to recognise and manage potentially dangerous heat situations.

### Strategies

Irrespective of the predicted maximum temperature, coaches should be aware of possible heat illness risks and carefully monitor all club members. No club member should ever feel as though they must participate in training or competition if they believe it is unsafe or they are feeling distressed. Having assessed the weather conditions, coaches will adopt the following as appropriate in cases of hot weather:

- Be aware that children, young people and the elderly are more susceptible to heat injury.
- Ascertain whether any club members have known medical conditions which may be affected by the heat.
- Take steps to maximise airflow and reduce heat build-up in the venue by making sure the air-conditioning is turned on and the exit door opened.
- Encourage all club members to bring their own drink bottles so that they have easy access to an adequate level of replacement fluids and to reduce the risk of contamination and viruses.
- Strongly encourage and monitor the drinking of adequate fluids before, during and after training activities (preferably water).

- Where cups from the kitchen are used, the cups should be washed after use. Cups are not to be shared.
- Schedule additional breaks.
- Be vigilant and react promptly to any signs or potential signs of distress. If any club member shows signs of distress from the heat, swift and appropriate action must be taken.
- Stop training activities if a club member is affected by heat.

Trott Park Fencing Club is familiar with Sports Medicine Australia's *Hot Weather Guidelines* and *Beat the Heat* fact sheet. These documents are available as a download from <<[www.sma.org.au](http://www.sma.org.au)>> and also the Club's website.

### **Symptoms of heat illness**

High intensity exercise in a hot environment can lead to dehydration, heat exhaustion and heat stroke. Heat illness in sport presents as heat exhaustion or heat stroke. Heat stroke is a potentially fatal condition and must be treated immediately by a medical professional. It is important to be aware and react quickly to the following symptoms of heat injury or heat stroke:

- 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.

These symptoms indicate an individual should stop training, drink additional fluids and cool down. Seek medical treatment immediately if these symptoms don't improve rapidly.

### **Action plan**

1. Lay the person down in a cool place.
2. Raise their legs and pelvis to improve blood pressure.
3. Loosen and remove excessive clothing.
4. Cool by wetting skin liberally and fanning.
5. Give them cool water to drink if conscious.
6. Apply wrapped ice packs to groins, armpits and necks.
7. Seek medical assistance.

### **Policy display**

This policy will be displayed on the Club's website and referenced on the Club's flyer.