



## QGSSSA HOT WEATHER/ENVIRONMENT GUIDELINES

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### Preamble

All officials, coaches, managers, captains, umpires and supervising volunteers should take all reasonable steps to minimise risk of injury due to extreme heat.

To assist member schools, QGSSSA has developed this guideline to inform of this risk and suggest a range of appropriate response measures.

### General Risk

High intensity exercise in a hot environment (indoor and outdoor), with associated fluid loss and elevated body temperature, can lead to: Dehydration, Heat Exhaustion and Heat Stroke.

### 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 then lead to heat exhaustion and heat stroke.

### Heat Exhaustion

Dehydration can lead to heat exhaustion; symptoms include:

- Fatigue, high heart rate, light-headedness, dizziness, headache, loss of endurance/skill, confusion and nausea.
- Athletes will pass little urine, which will be highly concentrated.
- Cramps may be associated with dehydration.

### Heat Stroke

Severe dehydration may lead to heat stroke; symptoms include:

- Similar to heat exhaustion but with dry skin, confusion and collapse.
- Heat stroke may arise in an athlete who has not been identified as suffering from heat exhaustion and has persisted in further activity.
- Heat stroke is a potentially fatal condition and must be treated immediately by a medical professional.

## Measures to Minimise Heat Risks

### Hydration

It is recommended that competitors, referees and active officials are advised to consume

- At least 500mls (2-3 glasses) before activity
- 200mls (1-2 glasses) every 15 minutes during activity, preferably water, however diluted cordial or sports drinks may be appropriate
- and more than they are thirsty for after activity. (At least 500mls)

### Timing of Games/Training

It is recommended that (and subject also to the Hot Weather guideline below) training and matches/ events are not conducted during the hottest part of the day (usually between 11am and 3pm)

### Player Rest and Rotation

- Consider using substitutions more often during play
- Ensure shade is available and fluids/ drinks stations for appropriate rest, recovery and hydration
- Team managers/coaches especially should be vigilant and monitor all competitors' physical condition where the ground/ ambient temperature exceeds 30 degrees Celsius.

### Clothing

It is essential that all QGSSSA attendees (including competitors, students, officials, volunteers, staff, and referees) are made aware of the importance of:

- Wearing appropriate clothing during play/ events

- Wearing hats or visors whilst not competing or where suitable during an event (or whilst supervising, officiating or spectating)
- Appropriate application and re-application of SPF 30+ sunscreen
- The use of wet towels and cold packs
- Wearing sunglasses

#### **Other Considerations**

- Competitors must be made aware that they should "listen to their bodies" and not be afraid to make the referee/ official or their coach aware of any heat symptoms being suffered by themselves or another competitor.
- Coaches, umpires and officials should be aware of possible heat risks and carefully monitor all competitors. If any competitor show signs of heat symptoms swift and appropriate action should be taken
- Coaches, umpires and officials need to appreciate that children/ adolescents are less experienced and aware of possible consequences of ignoring heat symptoms. In deciding whether to take precautionary action, coaches, umpires or officials need to take careful consideration of the circumstances rather than merely relying on a competitor's assurance that they are "okay".
- Be aware that younger players are more susceptible to heat injury
- Ensure there are sufficient shaded areas at venues
- In extreme heat conditions, ensure there are qualified trainers/first aiders at the venue

#### **Hot Weather Policy**

On days where the temperature is forecast to be extremely hot (in excess of 36°C), consideration by the QGSSSA Executive Officer (and if necessary, in conjunction with members of the QGSSSA Executive) will be given to cancelling the games scheduled.

If the WBG temperature exceeds 30 degrees Celsius, then the Executive Officer (and if necessary, in conjunction with the Management Committee) reserves the right to cancel an event.

The WBGT will be monitored via the Bureau of Meteorology live online reports, in conjunction with the Risk of Thermal Injury table as found in Sports Medicine Australia's [Hot Weather Guidelines](#) document.

The following complementary conditions would also need to exist for a decision to cancel be taken

- Overall duration of the event exceeds 1 hour
- Individual Intensity during the event is sustained effort with few breaks
- Athletic ability of individuals is generally moderate
- Time between available drinks is longer than 30 minutes
- Time of the event occurs between 11am and 3pm
- Venue is outdoors
- Lack of suitable shade for athletes
- Water not freely available
- Sports medicine official not available