

Canoe

SOUTH AUSTRALIA

Canoe South Australia Inc.

Aquatic Reserve, Bower Road, West Lakes SA 5021

PO Box 281, Port Adelaide 5015 • Telephone: (08) 8240 3294

Facsimile: (08) 8240 3295 • canoesa1@canoesa.asn.au • www.canoesa.asn.au

Hot Weather Policy

The health of members and supporters is of primary concern to Canoe South Australia.

Our Association acknowledges that heat related injuries such as dehydration, heat exhaustion, heat stroke and skin cancer are a risk for participants during activities.

In this document the word 'participant' will mean athletes, members, spectators and any other persons participating in Canoe SA or affiliated club events.

The word 'official' will mean coaches, paid Canoe SA staff, volunteers, event or race organisers, Board members and club committee members.

Heat Related Injuries

To prevent dehydration, heat exhaustion and heat stroke during activities or competitions officials are to take the following precautions:

- Program activities to avoid the hottest part of the day (usually from 10 am–2 pm or (11 am–3 pm daylight saving time) and to minimise the time in the sun of participants and officials between these hours
- Ensure all participants have access to adequate water before and during the activity. (see Appendix 1 for more information on fluid intake)
- Be aware of the signs of heat exhaustion and heat stroke. (see Appendix 2)
- Encourage all participants to wear a hat, preferably a wide brimmed or legionnaire style hat, and ensure organisers and instructors are informed of the need to wear an appropriate hat
- Make maximum use of existing shade at facilities when possible. If no shade is available, where possible, the association will provide temporary shade tents and will seek to work with relevant authorities to provide more shade at canoeing facilities
- Follow the Emergency Plan if a participant or spectator suffers heat exhaustion or heat stroke. (see Appendix 3.)



be active.



Government of South Australia
Office for Recreation and Sport



Sun Protection

Skin cancer is a major public health problem in Australia. Canoe SA recognises that skin cancer is preventable and will actively seek to promote, encourage and support sun protection during all activities and competitions.

The following measure should be applied in addition to the above precautions for all outdoor paddling activities to reduce ultraviolet exposure:

- Ensure all officials and encourage participants to wear long sleeve shirts with collars
- Encourage participants to wear long sleeve shirts with collars
- Ensure where possible, officials wear sunglasses or eye protection
- Encourage participants to wear sunglasses while participating in outdoor activities
- Actively encourage participants to routinely apply broad spectrum water resistant SPF 30+ sunscreen and stress the importance of regular reapplication according to manufacturers instruction
- Provide broad spectrum water resistant SPF 30+ sunscreen to officials and participants when necessary. (The sunscreen is to be of highest quality and meet all Australian Standards.)
- Promote sun safety and the SunSmart Policy through newsletter, brochures, web pages and at competitions and events
- Encourage coaches, instructors, senior athletes, officials, members in prominent positions or parents to be SunSmart role models.

Hot Weather Guidelines

These guidelines should be followed by all event and competition organisers, instructors, coaches and clubs for all Canoe SA events and sanctioned events.

1 General

- 1.1 It is recommended that where high temperature is likely to occur officials and parents should take extra care to ensure participants and volunteers are sufficiently hydrated and shade is provided where possible.
- 1.2 It is recommended that greater care be taken where participants are not fit, are overweight, or have a disability, are exercising in high temperatures.

2 Education

- 2.1 All officials and participants should be educated on the importance of sun safety and how to be sun smart.

3 Public Announcements

- 3.1 It is recommended that during events and competitions public announcements be regularly made reminding those at the event to keep drinking water, apply sunscreen and remain in the shade whenever possible. This is to ensure the association is discharging its duty of care to its members.

4 Postponement or Cancellation

- 4.1 It is recommended that consideration is given to cancel or postpone an event where it is thought ambient temperature is likely to rise above 38°C.
- 4.2 During events of duration longer than three hours it is recommended that the ambient temperature be recorded at 30 minute intervals.

5 Review

- 5.1 This policy is to be reviewed annually.

Appendices

Appendix 1: Fluids

- Supplementary fluids should begin to be consumed at least two hours before exercising to promote adequate hydration.
- There should be a number of water stations in and around the event area.

Appendix 2: Symptoms of heat exhaustion

Dehydration can lead to heat exhaustion. Symptoms may include:

- high heart rate
- dizziness
- headache
- loss of endurance or skill
- confusion
- nausea
- cramps
- the skin may still be cool/sweating, but there will be signs of developing vasoconstriction, e.g. pale colour
- they will pass little urine, which will be highly concentrated.
- the rectal temperature may be up to 40°C and they may collapse on stopping activity.

Symptoms of heat stroke

Severe dehydration may lead to heat stroke, which is potentially fatal and must be treated immediately by a medical practitioner. Participants who keep participating when suffering from heat exhaustion may experience heat stroke. Heat stroke can occur even when drinking plenty of fluid. It is important to cool the person down as quickly as possible.

Heat stroke symptoms include:

- dry skin
- confusion
- collapsing.

Appendix 3: Emergency Plan for heat exhaustion

If a person is showing any symptoms of heat exhaustion take the following actions:

- stop the person
- lie victim down
- loosen and remove excessive clothing
- cool by fanning
- give cool water to drink if conscious.

If the person is confused or unable to drink water seek medical help immediately.

Emergency Plan for heat stroke

If a person is showing any symptoms of heat stroke take the following actions:

- call a doctor or ambulance immediately
- stop the person
- lie victim down
- loosen and remove excessive clothing
- cool by fanning
- give cool water to drink if conscious
- apply wrapped ice packs to armpits
- **seek medical assistance.**