

Appendix 3. **Emergency Plan for heat exhaustion**

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

- 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 action:

- 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 groin and armpits
- SEEK MEDICAL ASSISTANCE

For more information on heat related injuries refer to Hot Weather Guidelines available from www.smasa.asn.au

Developed by Siobhan Goble, Canoe SA Administration Officer 25/5/05

References

(2001) *South Australian Little Athletics Association inc Association – SunSmart Policy*

BASA Hot Weather Policy

Sports Medicine Australia Brochure (2003) *Beat the Heat*

APPENDIX

Appendix 1. **Fluids**

- It is recommended that officials and participants drink at least 7-8ml of fluid per kg of body mass to diminish the risk of heat illness.
- Fluid should begin to be consumed at least two hours before exercising to promote adequate hydration.
- For a large event or race, e.g. Sprint Regatta, there should be a number of water stations in and around the event area.
- In addition to water, diluted sports drinks, cordial and fruit juices should also be made available or recommended. Not only will this make the fluids more palatable to younger participants but it will be beneficial for replacing fluids, energy and electrolytes lost during exercise. It will delay the onset of exercise-induced exhaustion and hence aid in the prevention of heat stroke.

Appendix 2. **Symptoms of Heat exhaustion**

Dehydration can lead to Heat Exhaustion. Symptoms of heat exhaustion may include:

- High heart rate
- Dizziness
- Headache
- Loss of endurance / 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 40C 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

HOT WEATHER GUIDELINES

(These guidelines should be followed by all event/competition organisers, instructors, coaches and clubs for all Canoe SA and affiliated club events.)

1 General

- 1.1 It is recommended that if a large increase in temperature is likely to occur officials and parents should take extra care to ensure participants and volunteers are sufficiently hydrated and shade is provided.
- 1.2 It is recommended that greater care be taken of participants who are not fit, who are overweight, or have a disability, when 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 / 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 ensures the association is discharging its duty of care to its members.

4 Postponement / Cancellation

- 4.1 It is recommended that events be called off if it is thought ambient temperature is likely to rise above 38C.
- 4.2 During events of duration longer than 3 hours it is recommended that the ambient temperature be recorded at 30 minute intervals.

This Hot Weather Policy will be reviewed annually to ensure that the document remains current and practical to the Association and Club requirements.

Sun Protection

Skin cancer is a major public health problem in Australia, with two out of three people requiring treatment for some form of skin cancer in their lifetime. Canoe SA recognises that skin cancer is preventable and we will actively seek to promote, encourage and support sun protection during all canoeing activities and competitions.

The following measure should be applied in addition to the above precautions for all outdoor canoeing activities to prevent ultraviolet exposure.

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

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.

For the intentions of this document the word *participant* will encompass the following people; athletes, all members, spectators, volunteers and any other persons participating in Canoe SA or affiliated club events.

The word *officials* will encompass the following people; coaches, paid Canoe SA staff, volunteers, event / race organisers, board members and club committee members.

Heat Related Injuries

To prevent dehydration, heat exhaustion and heat stroke during activities / competitions the officials should take the following precautions.

- Program activities around the hottest part of the day from 10am – 2pm (11am – 3.00pm daylight saving time) to minimise the time in the sun 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 wear a hat, preferably a wide brimmed or legionnaire style hat, and the organisers/instructors to wear an appropriate hat.
- Make maximum use of existing shade at facilities when possible. If no shade is available 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 / heat stroke. (see Appendix 3)