

HOT WEATHER GUIDELINES

When it is hot or there is a heatwave, the following guidelines apply at our club during all events, competitions and training.

PLAN

- ▶ Club officials will check the weather forecast using the Bureau of Meteorology

PREPARE

- ▶ All participants, volunteers and officials should stay hydrated before and during hot weather
- ▶ All participants and families will be notified if changes are planned for upcoming competition, training or event schedules

ADAPT

When the temperature ranges from _____ to _____ we might:

- ▶ Increase the number and length of drink breaks
- ▶ Re-schedule to cooler times of the day
- ▶ Encourage all participants to drink more water
- ▶ Provide access to more water, ice-slurry drinks and cold towels
- ▶ Promote first aid treatment of exertional heat illness

Our club specific strategies to reduce the risk of heat illness are:

EXTREME HEAT

When the temperature is above _____ we will prioritise:

- ▶ Cancelling competition, training or events
- ▶ Re-scheduling to cooler times of the day

(If play continues, the health of all participants will be closely monitored and people with first aid qualifications will be on site at all times)

Questions? Contact: _____

HEAT STROKE IS A MEDICAL EMERGENCY.
CALL TRIPLE ZERO (000) FOR AN AMBULANCE.

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This resource is supported by Sport & Recreation Victoria

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