

Heat Guidelines



The following guidelines, produced by Sports Medicine Australia, South Australian Branch, must be considered by Rugby League organisations and their personnel when considering their duty of care responsibilities and taking a responsible approach towards the safety of their participants. A common sense attitude must be applied with consideration to the comfort and well-being of all individuals, including participants and officials. Cancellation, modification of events and/or training or withdrawal from participation may be appropriate even in circumstances falling outside these guidelines.

When considering modifying, cancelling or postponing a specific sporting event or training there are many factors that need to be considered. Exercise in the heat creates competitive demands on the cardiovascular system, which is required to increase the blood supply to the exercising muscles. At the same time it must regulate body temperature by increasing skin blood flow in order to produce the sweat that keeps the body cool. High intensity exercise in a hot environment, with the associated fluid loss and elevation of body temperature, can lead to Dehydration - Heat Exhaustion - Heat Stroke.

Use the following table and points schedule to help determine the most appropriate action in the case of excessive heat conditions.

Heat Guidelines



CHECK LIST

Determine the point score for each item. (Some categories may not be exactly to your needs so you will need to use common sense, if in doubt choose higher value in order to err on the side of caution.)

1. Temperature

Ambient Temperature

< 25 degrees	2
25 – 31 degrees	10
32 – 37 degrees	14
38 degrees and above	20

Your Score

Or WBGT

< 23 degrees	2
23 – 27 degrees	10
28 – 29 degrees	14
30 degrees and above	20

Your Score

2. Overall duration of event

Less than 30 minutes	2
30 to 60 minutes	4
60 mins to 2 hours	6
Greater than 2 hours	8

Your Score

3. Individual Intensity during the event

Easy pace throughout	2
Moderate pace, breaks in intensity	4
Moderate pace throughout	6
Sustained effort with some breaks	8
Sustained effort throughout	10

Your Score

4. Acclimatisation of Participants

Used to hot weather conditions	2
Used to warm weather	5
Used to cool/cold conditions	8

Your Score

5. Athletic ability of individuals

Elite fitness levels	2
Good fitness levels	6
Moderate fitness levels	6
Low fitness levels	8

Your Score

6. Age of Participants

18 to 30	2
13 to 17	5
30 to 40	5
Over 40	8
Under 13	8

Your Score

7. Time between available drinks

Less than 15 minutes	2
15 to 25 minutes	4
25 to 35 minutes	6
35 to 45 minutes	8
45 minutes plus	10

Your Score

8. Time of the event

Before 9am	2
After dark	2
9am til 11am	5
3pm til sunset	5
11am til 3pm	10

Your Score

9. Surface Type

Water	1
Grass	2
Boards	4
Sand	6
Synthetic surface	6
Asphalt	8

Your Score

10. Venue

Indoor air conditioning	1
Indoor no air conditioning	4
Outdoor	8

Your Score

Score Total

Other Factors To Consider

Predisposed medical conditions of individual participants

Asthma, Diabetes, Heart Condition, Pregnancy, etc.	High
Virus, Flu, Gastro, etc.	Extreme

Shade available during breaks	Yes / No
Water freely available at venue	Yes / No
Sports Trainer / First Aid person on site	Yes / No
Individual body fat of participants	High / Low

Heat Guidelines



Recommended Guidelines for Sport

Above 75	Recommended that you cancel your event, training and physical activity
66 to 74	<p>Recommended that you cancel or reschedule your event, training or physical activity if:</p> <ul style="list-style-type: none">• The WBGT is above 30 or• The ambient temperature is above 38.• The age of participants (inc. officials) gets a point value of 8 (Children & Veterans) <p>If this is not the case and the event goes on then:</p> <ul style="list-style-type: none">• Extra breaks should be allowed.• Shade should be provided.• Airflow should be considered, including fans in change rooms or placed appropriately. <p>Promotion of fluid replacement should be actively encouraged, (e.g. through announcements or via officials)</p>
56 to 65	<p>Recommended that play may go ahead BUT</p> <ul style="list-style-type: none">• Extra breaks should be allowed.• Shade should be provided.• Airflow should be considered, including fans in change rooms or placed appropriately. <p>Promotion of fluid replacement should be actively encouraged, (e.g. through announcements or via officials).</p>
55 and below	Recommend play with usual fluid replacement measures in place.

Sporting groups and individuals should note that cancellation of events or withdrawal from participation may be appropriate even in circumstances falling outside of these recommendations.

The information in this guideline is of a general nature. Individual circumstances may require modification of general advice from an appropriate health professional e.g. doctor, physiotherapist, Podiatrist or Dietician.