



PENLEIGH AND ESSENDON GRAMMAR SCHOOL

MANAGING SPORT IN HOT WEATHER

It is recognised that in Australia, sport is often played in hot conditions. During very hot weather, coaches should reduce the effects of heat on students through:

- Reducing training or game intensity
- Additional rest breaks
- Additional cool drinks every 15-20minutes
- Ensuring suitable clothing, hats and sunscreen is worn
- Utilising shade wherever possible for breaks
- Increased player rotation/substitution
- Acclimatising students to warm weather through training
- Shortening games where possible (ie. Junior cricket can reduce overs by agreement)
- Run an indoor training session (eg. Review video of games, scoring, strategies)

Children tend to effectively regulate their physical activity and should always be allowed to exercise at their preferred intensity. If feeling unwell, they should stop exercising.

Factors that can increase the risk of heat illness:

- High exercise intensity
- Lack of fitness or acclimatisation
- History of heat illness/intolerance
- High air temperature or humidity
- Low air movement
- Solar radiation
- Heavy clothing & protective equipment
- Dehydration during activity
- Illness and medical conditions

Symptoms of heat illness may include:

- Light headedness, dizziness
- Nausea
- Obvious fatigue
- Cessation of sweating
- Confusion or altered consciousness
- Obvious loss of coordination, clumsiness or unsteadiness
- Aggressive or irrational behaviour
- Collapse
- Ashen grey skin

What to do if a student exhibits signs of heat illness:

- Remove the student from the field
- Lay the student down in a cool place
- Raise legs & pelvis to improve blood pressure
- Remove excess clothing
- Cool by wetting skin liberally and vigorous fanning
- Apply ice packs to groin, armpits and neck
- Give cool water if conscious.
- Seek medical help from a first aider

Persons suffering from heat exhaustion usually recover rapidly with this assistance.

If a student is still seriously ill, vomiting or confused, call an ambulance and if possible, place in a bath of iced water.

It is the responsibility of the Sports Coordinator to determine whether it is safe to continue with a particular activity.

Training:

If the weather is very hot prior to training (at 2.30pm), the Sports Coordinator will determine whether training will continue as above or whether other arrangements are needed, such as indoor sessions, shortened or cancelled sessions. The Sports Coordinator will alert all coaches of actions to be taken on such days.

Games:

There are many variations to sports activities, such as length and intensity of games, player substitution rules and grounds they are played on. If the weather is very hot on the day of a game, the Sports Coordinator can consult with coaches and decide to abandon a game if conditions appear too extreme for that particular activity, after taking into account actions to reduce heat risk factors. If the game is being played at an away venue, the coach can discuss concerns with the other coach, the local Sports Director, and the PEGS Sports Director as required.