



VicHealth

HEALTH THROUGH SPORT

Heat Policy and Procedures



SKATE VICTORIA INC

Heat Policy and procedures SPEED SKATING

Skate Victoria Inc have formulated this heat policy to minimise the risk of injury and illness in Roller Sports by assisting facility managers, administrators, officials, coaches and participants to recognise and manage potentially dangerous situations.

Timing of competitions

Where possible roller sport competition and training involving moderate to high intensity exercise should be scheduled to avoid hot conditions.

In Victoria, participants are likely to be exposed to their highest risk of thermal injury in the months when summer competition is scheduled although in some regions this level of risk extends beyond summer. The greatest likelihood of encountering extreme conditions is between the hours of 11am and 3pm. To decrease the likelihood of extreme temperature competition should be scheduled before or after these times where possible.

Hydration

The more a participant sweats, the more fluid he/she must consume to avoid dehydration. High levels of dehydration may increase the risk of heat stress. To diminish the risk of heat stress fluid should be consumed before, during and after activity.

It is recommended participants drink at least 500 ml within 2 hours of competing or training to promote adequate hydration and allow time for excretion of excess water.

During competition, training or strenuous activities it is recommended that participants drink fluid at regular intervals to replace water lost through sweating. Participants should aim to drink at least 150ml every 15 minutes, however, this amount may vary dependent on the rate of sweating. Fluid taken should be cooler than the air temperature.

Water is an adequate fluid option for activities lasting up to one hour. Participants competing in competitions, events or training activities exceeding

one hour are recommended to use carbohydrate based sports drinks as a means of replacing fluids, carbohydrates and electrolytes lost during prolonged activity. These drinks include commercially available sports drinks.

Participants should be encouraged to drink fluids in breaks between events and should be provided convenient access to cool fluids during breaks in events without unnecessary interruption to the competition or event.

The physiological and structural difference between children and adults places children at a greater risk of suffering from heat illness. These differences impact on a child's ability to respond to environmental heat and acclimatize to heat. These differences include:

A larger surface area/body mass ratio, which affects their ability to dissipate heat when environmental temperature is greater than skin temperature. This can be an advantage when heat loss is necessary, but is a disadvantage when radiant or convective heat gain occurs.

It is recommended that young participants begin regular drinking routine using water during competition and training sessions. Regular and effective drinking practices should become habitual to young participants before, during and after competition and training sessions.

Air Flow

Providing airflow into a venue minimises the risks associated with hot conditions.

Air flow should be considered within indoor rinks, including utilising existing air conditioners in hot conditions or providing air flow by opening doors, windows, and the use of fans.

Shade and Sun Protection (Outdoor)

Adequate shade is necessary for participants when not actively participating. This assists with recovery and to provide adequate protection for the sun.

Sunscreen is also an important element of sun protection. Sunscreen should be applied before, and at recommended, regular intervals throughout competition.

Heat Policy

Recommendations and procedures for skating in hot conditions

Skate Victoria recommends that all clubs and facilities adopt and implement the following recommendations and procedures for hot conditions.

Information

- The heat policy should be available for viewing at each rink/ venue and on the SV website.
- All coaches will be provided with information about hydration requirements.
- Information about hydration should be provided to all skaters at the point of registration.

Training Sessions

In Victoria, participants are likely to be exposed to their highest risk of thermal injury in the summer months. In these times the following should apply:

Rink management

- If the venue is air-conditioned then it should be used during training sessions.
- Where there is no air-conditioning, circulating fans should be utilized if available. Any doors or windows that can facilitate the circulating of air should be opened.
- Water or sports drinks should be made available for purchase.
- Skaters should be entitled to fill their drink bottles with tap water.

Coaches/ club

- Where possible coaches should schedule training out of the hours 11am – 3pm in the summer months to avoid hot conditions.
- Coaches should ensure players are provided with cool water or other recommended fluids to consume during breaks in training sessions.
- Coaches should modify training activities according to the weather conditions.
- Coaches should ensure that extended breaks are provided during training sessions.

- For outdoor training sessions sunscreen (SPF 30+) will be made available free of charge for all participants.
- For outdoor training sessions where fixed shade is unavailable, it is recommended that portable shade structures such as umbrellas or such be erected.

Parents

- Parents should provide a water bottle as an integral part of training equipment.

Skaters

- Skaters should be encouraged to use personal drink bottles for use at training.
- Skaters should ensure that they take adequate breaks during their training.

Competitions

Venue

- The selection of the venue for a competition during the summer period should take into consideration the weather conditions such as air conditioning.
- If the venue is air-conditioned then it should be used during competition.
- Where there is no air-conditioning, circulating fans should be utilized if available. Any doors or windows that can facilitate the circulating of air should be opened.
- Water or sports drinks should be available for purchase at the venue.
- The venue should have taps available for skaters to fill water bottles as required.

Club Administrators : Program schedule

- Where possible events should be avoided between 11am – 3pm during the summer months to avoid hot conditions
- Skaters should bring their personal (labeled) water bottle with them into the marshalling area. This should be written on the program schedule.

Coaches / Club administrators

- In extreme heat conditions consideration will be given to the feasibility of canceling the event.
- Where a competition is held in high temperatures the decision to compete remains with the skater, parent and coach.

- Skaters who participate in more than one event should be subject of special support and scrutiny by club administrators and coaches ensuring appropriate hydration and rest periods are provided.
- Competitors should be provided with regular rest breaks.
- Coaches should ensure players are provided with cool water or other recommended fluids to consume during breaks in the games
- For outdoor events sunscreen (SPF 30+) will be made available free of charge for all participants.
- For outdoor events where fixed shade is unavailable, it is recommended that portable shade such as umbrella's be erected.

Skaters

- Skaters should be encouraged to use personal drink bottles for use during games.
- In hot conditions skaters should be encouraged to change out of their skating attire immediately after they have competed.