


# 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

- ▶  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 28c to 34c 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

## EXTREME HEAT

When the temperature is above 35c we will prioritise:

- ▶ Cancelling competition, training or events

Questions? Contact: \_\_\_\_\_

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

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