



## Hot Weather Policy

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<b>Audience:</b>	Badminton Association of Western Australia (Inc) ('BAWA' or 'Badminton Western Australia')
<b>Version:</b>	June2023v1
<b>Purpose of Document:</b>	To align and comply with State recommendation the Federal and Western Australia Child Safety Standards as per 1 March 2022
<b>Actions:</b>	<ul style="list-style-type: none"> <li>• Read and understand (BAWA staff, BAWA Board, Volunteers)</li> <li>• Ensure tournament organisers and match referee understand obligations.</li> <li>• Publish on BAWA website</li> <li>• Distribute amongst parents/guardians of junior state squad performanceprogram players</li> <li>• Encourage others to read and understand</li> </ul>
<b>Review:</b>	June 2023
<b>BAWA Contact:</b>	Executive Officer – Badminton WA <bawa@badmintonwa.org.au>
<b>Other relevant resources</b>	<ul style="list-style-type: none"> <li>• <a href="https://www.dlgsc.wa.gov.au">The law and sport – Junior sport policy (dlgsc.wa.gov.au)</a></li> <li>• <a href="https://www.dlgsc.wa.gov.au/sport-and-recreation/recreation-camps/insurance-and-policies/weather-policy">https://www.dlgsc.wa.gov.au/sport-and-recreation/recreation-camps/insurance-and-policies/weather-policy</a></li> <li>• <a href="https://sma.org.au/wp-content/uploads/2017/08/beat-the-heat-2011.pdf">https://sma.org.au/wp-content/uploads/2017/08/beat-the-heat-2011.pdf</a></li> <li>• <a href="https://www.dlgsc.wa.gov.au">Making sport safe – Junior sport policy (dlgsc.wa.gov.au)</a></li> <li>• <a href="#">Heatwaves   DLGSC</a></li> <li>• <a href="https://www.health.gov.au/heatwaves">Heatwaves – Be prepared for extreme heat (healthywa.wa.gov.au)</a></li> <li>• <a href="https://www.health.gov.au/heatwaves">Health impacts of heatwaves (healthywa.wa.gov.au)</a></li> <li>• <a href="https://pubmed.ncbi.nlm.nih.gov/">Women and exertional heat illness: identification of gender specific risk factors - PubMed (nih.gov)</a></li> </ul>

Board Authority This Policy is made under authority of the BWA Constitution. It is binding on all Members of BWA and is to be interpreted in accordance with the BWA Constitution.

## Introduction

Badminton Western Australia Hot Weather Policy has been introduced to reduce the risk of weather-related illness to players, coaches, & officials involved in Badminton in Western Australia (Badminton WA) events or activities. The policy also contains a number of Sports Medicine Australia and State guidelines to assist players, coaches, & officials in recognising and managing extreme heat. This Policy is not a substitute for professional medical advice.

Each event or competition will be assessed by the nominated Badminton WA representative on a case-by-case basis using the guidelines provided by Sports Medicine Australia and Department of Health (WA).

## Background

The risk of heat illness from high intensity sport is significant. It can range from cramps, through heat exhaustion to heat stroke, coma, and death.

During a competition, a competitor may produce 15 - 20 times the heat they produce at rest. Dissipation of this excess heat is primarily achieved through sweating. If the body's ability to dissipate heat is compromised, core temperature in an average size individual may rise by one degree Celsius for every five minutes of exercise if no temperature regulating mechanisms are activated.

If an individual's core temperature is above 40 degrees Celsius (normal 37 degrees) the risk of heat illness is significant.

- Factors which impair the body's ability to dissipate heat are:
- High ambient temperature
- Solar radiation
- Humidity (this compromises the efficacy of sweating)
- Dehydration

These factors significantly increase the risk of heat injury occurring

**In an emergency call for Ambulance 000**

**If a player displays signs and symptoms of Heat Stroke call for Ambulance 000**

- If you have severe symptoms, always dial triple zero (000) to call an ambulance in a medical emergency

## Health impacts of heatwaves

In the hot weather, you need to take care of your health.

WA can experience long periods of extreme heat, where the maximum and minimum temperatures are much hotter than usual.

During extremely hot weather you are more at risk of experiencing heat-related illnesses such as dehydration, heat stress and heat stroke. See attachments for signs and symptoms.

- Dehydration (Attachment A)
- Heat Stress (Attachment B)
- Heat Stroke (Attachment C)

In conditions likely to cause heat-related health effects always suspect heat stroke if a person becomes acutely unwell or collapses, especially if they don't recover promptly on lying flat with the legs elevated. Although there are many possible causes of acute illness or collapse, heat stroke is one of the most important.

### **Factors that will be considered before cancelling or modifying a Badminton WA sanctioned event**

The following Sports Medicine Australia tables and factors provide estimates of risk related to the weather with guidelines to manage activities in order to minimise heat stress.

#### **1. Temperature**

##### **Ambient Temperature**

- Ambient temperature is the most easily understood guide available, and is most useful on hot, dry days.

<b>Ambient temperature</b>	<b>Relative humidity</b>	<b>Risk of Heat Illness</b>	<b>Possible management for sustained physical activity</b>
15 - 20		Low	Heat illness can occur in running. Caution over-motivation.
21 - 25	Exceeds 70%	Low- moderate	Increase vigilance. Caution over-motivation.
26 – 30	Exceeds 60%	Moderate	Reduce intensity and duration of play/training. Take more breaks.
31 – 35	Exceeds 50%	High-Very High	Uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 60 minutes per session.
36 and above	Exceeds 30%	Extreme	Very stressful for most people. Postpone to a cooler part of the day or cancellation.

##### **Wet Bulb Globe Temperature (WBGT)**

- Further guidance might be gained from the WBGT Index. The WBGT is suitable for hot, humid days.

<b>WBGT</b>	<b>Risk of thermal injury</b>	<b>Possible modifying action for vigorous sustained activity</b>
< 20	Low	Heat illness can occur in running.
21 - 25	Moderate to high	Increase vigilance. Caution over-motivation. Take more breaks.
26 - 29	High- Very high	Limit intensity. Limit duration to less than 60 minutes per session. Activities requiring moderate to intense exercise should be modified to allow best heat management strategies to be implemented.
30 and above	Extreme	Consider postponement to a cooler part of the day or cancellation

The Bureau of Meteorology (BOM) produces Ambient and WBGT readings for many locations in Australia. The readings will be taken by a VWA Representative prior to outdoor events.

[www.bom.gov.au/info/thermal\\_stress/index.shtml](http://www.bom.gov.au/info/thermal_stress/index.shtml)

## **2. Duration and Intensity of an Event**

- The combination of extreme environmental conditions and sustained vigorous exercise is particularly hazardous for the athlete. The greater the intensity of the exercise, the greater the risk of heat related symptoms.
- Player and official rotation should be considered
- Reduced playing time and extended rest periods

## **3. Age and Gender of Participant**

- Young Children are especially at risk in the heat. Children participating in an event or activity will be protected from over-exertion in hot conditions, especially when required to exercise for 30 minutes or longer. Children should not be forced to continue if they appear distressed or complain about feeling unwell.
- Veteran Participants may also cope less well with exercise in the heat. Reduced cardiac function is thought to be responsible for this effect.
- Female Participants may suffer more during exercise in the heat, due to their greater percentage of natural body fat.

Department of Local Government, Sport and Cultural Industries Weather Policy: Children are at a greater risk of heat illness and when the ambient temperature gets above 34 degrees programs may be modified or cancelled in the event of extreme temperatures.

## **4. Time of Day for the Event**

Where possible, the modification of matches (eg rest breaks) during the hottest part of the day (usually 11:00am - 3:00pm).

## **5. Venue**

Considerations to modification or cancellation will take into effect if courts are known to be poorly ventilated and insulated. Venue heat during the summer months and safety equipment should be considered when organising venues.

## **6. Predisposed medical conditions**

Badminton WA will ask athletes, umpires, officials or volunteers to advise if they have a medical condition during registration of events.

- Examples of illness that will put the participant or official at a high risk of heat illness include asthma, diabetes, pregnancy, heart conditions and epilepsy.
- An overweight and unconditioned athlete will generally also be susceptible to heat illness.

## **First Aid**

Any person with symptoms of heat illness shall immediately cease participating in a Badminton WA sanctioned activity. They shall have immediate first aid treatment including Strip/Soak/Fan.

- lay down in a cool place with circulating air;
- strip off any excess clothing;
- soak with water;
- vigorously fan;
- ice placed on neck, groin and armpits;
- give cool water if conscious. If a person remains seriously ill, confused, vomiting or shows signs of altered consciousness and ambulance should be called immediately and seek medical help.

### **Badminton WA Event Organisers Checklist**

Organisers will ensure entry forms associated with sanctioned tournaments are appropriately endorsed identifying the event is subject to the Badminton WA Hot Weather Policy and Guidelines and a copy can be obtained from the website.

**Breaks in Play:** The Tournament Referee will have the discretion to provide additional breaks in play in order to manage hot weather. Breaks may occur at points 7 and 14, in consultation with the players.

**Cool Room:** A room with a cooler temperature may be offered at Kingsway Indoor Stadium as an option to spend recovery time away from the hot playing area.

If the following conditions are present for the event:

- The event is to be held between December and February during daylight hours.
- The weather forecast is for temperatures above 30 degrees C or humidity is above 50%.
- Children or athletes of unknown fitness or acclimatisation are participating.

The following measures are recommended:

- If a player shows signs and symptoms of Heat Stroke or Heat Stress ring **000**
- Check the Bureau of Meteorology (BOM) for current Ambient and WBGT readings.
- Badminton WA and Affiliates will strategically place "Beat the Heat" fact sheets and Badminton WA Hot Weather Policy within badminton venues.
- Have a thermometer at the field of play to measure ambient temperature during the competition.
- Alert players to the conditions and to changes in the events, and encourage players to hydrate between matches accordingly.
- Adopt matches that provide sufficient rest periods between games and matches and longer or more frequent water breaks.
- Schedule a major break (at least 1 hour, e.g. lunch) during the hottest part of the day (11am-3pm) or ensure athletes do not have fixture games back to back during this time.
- Have water available within 100m of all playing venues
- Provide sports drinks for purchase by the athletes or alert athletes that they have the capacity to bring their own.
- Encourage players, officials, volunteers or staff to wear clothing that minimise heat storage and enhance sweat evaporation.
- Provide or identify an available water source for athletes to spray or douse themselves.
- Have trained First Aid personnel available to treat any heat related illness.

- Provide access to ice and a first aid kit in the event of illness.
- Report any incidents of heat illness to Badminton WA.

**Policy Review 3.0**

This policy will be reviewed at least every two (2) years.

## **Attachment A – Dehydration**

- Dehydration occurs when your body does not have enough fluids to keep it working properly.
- When it is very hot, you may be at increased risk of dehydration.

### Signs and symptoms

Signs of dehydration include being thirsty, a dry mouth and dark urine.

Symptoms of mild to moderate dehydration include:

- being thirsty
- dry mouth, including lips and tongue
- light headedness and/or dizziness, particularly when standing up
- headache
- dark urine
- not as much urine as normal.

Symptoms of extreme dehydration include:

- extreme thirst
- a very dry mouth, including lips and tongue
- fast heart rate
- fast breathing
- low blood pressure
- fever
- little to no urine
- feeling irritable, drowsy or confused

### Treatment

If you suspect a person is dehydration, encourage them to:

- rest in a cool, well-ventilated area
- remove excess clothing
- drink small amounts of cool water, often

## **Attachment B – Heat Stress**

- Heat stress occurs when your body cannot cool itself enough to maintain a healthy temperature (37 °C).
- When it is very hot, you may be at increased risk of heat stress.
- Some people are more at risk of heat stress, including babies and young children, the elderly, and people with some health conditions or on certain medications.

### Signs and symptoms

Signs of heat stress include pale skin, excess sweating or no sweating and dark urine.

Symptoms of heat stress include:

- tiredness and lethargy
- headache
- dizziness
- feeling faint
- muscle cramps
- feeling thirsty
- urinating less often.

### Treatment

If you suspect a person has heat stress, encourage them to:

- rest in a cool, well-ventilated area
- remove excess clothing
- drink plenty of water
- apply a wet cloth, cold water or ice packs to the skin (armpits and groin).

In conditions likely to cause heat-related health effects always suspect heat stroke if a person becomes acutely unwell or collapses, especially if they don't recover promptly on lying flat with the legs elevated. Although there are many possible causes of acute illness or collapse, heat stroke is one of the most important.



## Attachment C – Heat Stroke

Heat stroke is an uncommon but life-threatening complication of grossly elevated body temperature with exercise in heat stressed settings.

**REMEMBER: it is early recognition and first aid in heat stroke that is critical to save a life.**

The risk is highest with:

- high temperatures and/or
- high humidity and/or
- vigorous activity.

Signs and symptoms

The first signs of heat stroke show in the function of the brain and nervous system. Look for any signs of:

- confusion
- incoherent speech
- abnormal walking
- coma or seizures.

In conditions likely to cause heat-related health effects always suspect heat stroke if a person becomes acutely unwell or collapses, especially if they don't recover promptly on lying flat with the legs elevated. Although there are many possible causes of acute illness or collapse, heat stroke is one of the most important.

Treatment

Heatstroke is an extreme medical emergency. If not treated immediately, it can lead to permanent damage to vital organs, or even death. Dial triple zero (000) to call an ambulance and stay with the person until the ambulance arrives.

While waiting for the ambulance to arrive:

- STRIP the person of as much clothing as possible
- SOAK with any available water
- FAN vigorously by whatever means possible – improvise, e.g. use a clipboard, bin lid.

When available cool or ice water immersion is the most effective cooling means possible:

- IMMERSE the person up to the neck in a cool or ice bath
- OR
- COVER all of the body with ice water-soaked towels that are changed frequently as an alternative if a bath isn't available but ice is
- REMEMBER: it is early recognition and first aid in heat stroke that is critical to save a life.