

BNA HEAT POLICY – EXERTIONAL HEAT ILLNESS

Note: different to UV Radiation = skin cancer risk “Slip, Slop, Slap, Seek, Slide”

SIGNS & SYMPTOMS		
1	Muscle Cramps	Abdominal, arm, leg spasms due to loss of water / salt
2	Heat Syncope	Dizziness, fainting, headache, vomiting due to drop in BP
3	Heat Exhaustion	All above and sweating +++, weakness, extreme thirst, rapid weak pulse
4	Heat Stroke	Confusion, seizures, irrational behaviour, loss of coordination, rapid pulse, red hot dry skin (no sweating), collapse / loss of consciousness

FIRST AID MANAGEMENT	
1 & 2	<ul style="list-style-type: none"> • STOP activity • REST in a cool environment • HYDRATE with water
3	As above and <ul style="list-style-type: none"> • Lay person down • Cool body – cool water mist, air con / fan, remove clothing • Call ambulance • Prepare for CPR
4	MEDICAL EMERGENCY > CALL 000 & advise need lights and sirens As above but <ul style="list-style-type: none"> • No fluids • Ice packs under arms & groin • If unconscious > place on side and clear airway (ABC)

PREVENTION / PREPARATION	
HYDRATE	<ul style="list-style-type: none"> • No alcohol, coffee, high sugar drinks • Water before, during & after, even if not thirsty <p>PRE-EXERCISE: Drink at least 2 cups (500ml) an hour before DURING: Drink at least 150ml every 15 mins during the game</p>
STAY COOL	<ul style="list-style-type: none"> • Appropriate clothing – lightweight + hat (soft brim for netball) • Seek shaded or air-conditioned area during breaks • Ice packs
SPEAK UP	Notify parent, coach, official if feeling uncomfortable

RISK FACTORS (netball)	
Individual	<ul style="list-style-type: none"> • Age: young children / over 65 • Physical condition: fitness, weight, pregnancy • Medical: acute or chronic illness, some medications • Dehydration: due to sweating & inadequate replacement • Intensity of exercise: breaks • Clothing: light weight + soft-brimmed hat
Environment	<ul style="list-style-type: none"> • Humidity high • Acclimatization inadequate ie) not used to hot weather • Playing surface: synthetic radiates heat • Outdoor venue with limited shade • Time of play: after 11am • Duration of play: > 45 mins

MITIGATION STRATEGIES
<p><i>Note: Multiple factors contribute, not just predicted ambient temperature</i></p> <ul style="list-style-type: none"> • Limit warm up activities • Players encouraged to wear soft brimmed hats • Players encouraged to hydrate ++ before match • All players to bring water bottles & can drink at any time during play • Rest & drink breaks after each quarter, preferably in the shade • Centre players should be rotated every quarter • Use rolling substitutions • No penalties for forfeits • Shorter duration of play – not necessary with < 45mins • Rescheduling where possible – not possible for BNA as no other options • Cancellation of activity in <u>extreme circumstances only ie) Wet Bulb Globe Temp 35 degrees</u> <p>Note:</p> <ul style="list-style-type: none"> • Nurse and doctor available on site • Ice available at the kiosk • Air conditioning available in the multi-purpose room. • We are subscribed to the Victorian Government Heat Health Alert System

Resources	
Bureau of Meteorology	<ul style="list-style-type: none"> • Bureau of Meteorology • BOM Thermal Comfort Observations > Wet Bulb Globe Temperatures
VicSport	<ul style="list-style-type: none"> • VicSport Hot Weather Guidelines • VicSport Fact Sheets
Sports Medicine Australia	<ul style="list-style-type: none"> • Extreme Heat Policy. • Heat Illness Guide • Estimated Heat Stress Risk. • Drink Up, Avoid dehydration
Vic. Govt	<ul style="list-style-type: none"> • Extreme Heat