Heat Guidelines

The following guidelines, produced by Sports Medicine Australia, South Australian Branch, must be considered by Rugby League organisations and their personnel when considering their duty of care responsibilities and taking a responsible approach towards the safety of their participants. A common sense attitude must be applied with consideration to the comfort and well-being of all individuals, including participants and officials. Cancellation, modification of events and/or training or withdrawal from participation may be appropriate even in circumstances falling outside these guidelines.

When considering modifying, cancelling or postponing a specific sporting event or training there are many factors that need to be considered. Exercise in the heat creates competitive demands on the cardiovascular system, which is required to increase the blood supply to the exercising muscles. At the same time it must regulate body temperature by increasing skin blood flow in order to produce the sweat that keeps the body cool. High intensity exercise in a hot environment, with the associated fluid loss and elevation of body temperature, can lead to Dehydration - Heat Exhaustion - Heat Stroke.

Use the following table and points schedule to help determine the most appropriate action in the case of excessive heat conditions.
Heat Guidelines

CHECK LIST

Determine the point score for each item. (Some categories may not be exactly to your needs so you will need to use common sense, if in doubt choose higher value in order to err on the side of caution.)

1. Temperature
   Ambient Temperature
   < 25 degrees 2
   25 – 31 degrees 10
   32 – 37 degrees 14
   38 degrees and above 20
   Your Score

   Or WBGT
   < 23 degrees 2
   23 – 27 degrees 10
   28 – 29 degrees 14
   30 degrees and above 20
   Your Score

2. Overall duration of event
   Less than 30 minutes 2
   30 to 60 minutes 4
   60 mins to 2 hours 6
   Greater than 2 hours 8
   Your Score

3. Individual Intensity during the event
   Easy pace throughout 2
   Moderate pace, breaks in intensity 4
   Moderate pace throughout 6
   Sustained effort with some breaks 8
   Sustained effort throughout 10
   Your Score

4. Acclimatisation of Participants
   Used to hot weather conditions 2
   Used to warm weather 5
   Used to cool/cold conditions 8
   Your Score

5. Athletic ability of individuals
   Elite fitness levels 2
   Good fitness levels 6
   Moderate fitness levels 6
   Low fitness levels 8
   Your Score

6. Age of Participants
   18 to 30 2
   13 to 17 5
   30 to 40 5
   Over 40 8
   Under 13 8
   Your Score

7. Time between available drinks
   Less than 15 minutes 2
   15 to 25 minutes 4
   25 to 35 minutes 6
   35 to 45 minutes 8
   45 minutes plus 10
   Your Score

8. Time of the event
   Before 9am 2
   After dark 2
   9am till 11am 5
   3pm till sunset 5
   11am till 3pm 10
   Your Score

9. Surface Type
   Water 1
   Grass 2
   Boards 4
   Sand 6
   Synthetic surface 6
   Asphalt 8
   Your Score

10. Venue
    Indoor air conditioning 1
    Indoor no air conditioning 4
    Outdoor 8
    Your Score

Score Total

Other Factors To Consider

Predisposed medical conditions of individual participants
Asthma, Diabetes, Heart Condition, Pregnancy, etc. High
Virus, Flu, Gastro, etc. Extreme

Shade available during breaks Yes / No
Water freely available at venue Yes / No
Sports Trainer / First Aid person on site Yes / No
Individual body fat of participants High / Low
# Heat Guidelines

## Recommended Guidelines for Sport

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Above 75</td>
<td>Recommended that you cancel your event, training and physical activity</td>
</tr>
</tbody>
</table>
| 66 to 74    | Recommended that you cancel or reschedule your event, training or physical activity if:  
• The WBGT is above 30 or  
• The ambient temperature is above 38.  
• The age of participants (inc. officials) gets a point value of 8 (Children & Veterans)  
If this is not the case and the event goes on then:  
• Extra breaks should be allowed.  
• Shade should be provided.  
• Airflow should be considered, including fans in change rooms or placed appropriately.  
Promotion of fluid replacement should be actively encouraged, (e.g. through announcements or via officials) |
| 56 to 65    | Recommended that play may go ahead BUT  
• Extra breaks should be allowed.  
• Shade should be provided.  
• Airflow should be considered, including fans in change rooms or placed appropriately.  
Promotion of fluid replacement should be actively encouraged, (e.g. through announcements or via officials). |
| 55 and below| Recommend play with usual fluid replacement measures in place. |

Sporting groups and individuals should note that cancellation of events or withdrawal from participation may be appropriate even in circumstances falling outside of these recommendations.

The information in this guideline is of a general nature. Individual circumstances may require modification of general advice from an appropriate health professional e.g. doctor, physiotherapist, Podiatrist or Dietician.