

SMBL provides this information to help teams and individuals make an informed decision.

Please note: Cancellation of events or withdrawal from participation may be appropriate even in circumstances falling outside of these recommendations.

Guidelines for Hot Weather extracted from Sports Medicine Australia – SA Branch

Individuals can use the guidelines and point scores to ascertain whether they should be involved in a particular event.

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. Wet bulb globe temperature.

<18degrees	2
18 to 22 degrees	10
23 to 28 degrees	14
Above 28 degrees	20

2. Overall duration of activity

Less than 30 min.	2
30 to 60 minutes	4
60 min. to 2 hours	6
Greater than 2 hours	8

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

4. Acclimatisation of participants.

Used to hot weather conditions	2
Used to warm weather conditions	5
Used to cool / cold conditions	8

5. Athletic ability of individuals.

Elite fitness levels	2
Good fitness level	6
Moderate fitness levels	6
Low fitness levels	8

6. Age of participants.

18 to 30	2
13 to 17	5
30 to 40	5
Over 40	8
Under 13	8

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

8. Time of the event.

Before 9am	2
After dark	2
9am till 11am	5
3pm till sunset	5
11am to 3pm	10

9. Surface Type.

Water	1
Grass	2
Boards	4
Sand	6
Synthetic surface	6
Asphalt	8

10. Venue.

Indoor air conditioning	1
Indoor no air conditioning	4
Outdoor	8

11. Other predisposed medical conditions of participants.

No	0
Yes	6

12. Other factors to consider.

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

Recommended Guidelines for Sport

Point Score

Above 75 SMA recommend you cancel your event.

66 to 74 SMA recommend you cancel or reschedule your event if :

- . the WBGT is above 28 or
- . the age of participants gets a point value of 8.

If this is not the case and the event goes on then:

- . Extra drink breaks should be allowed.
- . Shade should be provided.
- . Promotion of fluid replacement should be **actively** encouraged.

56 to 65 SMA recommend play may go ahead BUT

- . Extra drink breaks should be allowed.
- . Shade should be provided.
- . Promotion of fluid replacement should be **actively** encouraged.

55 and below SMA recommend play with usual fluid replacement measures in place.