



## NORTHERN TERRITORY CLAY TARGET ASSOCIATION INC

### HOT WEATHER PROTECTION POLICY

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| <b>Policy Number:</b> | 14                      | <b>Date last updated:</b> | 01/08/2021 |
|                       |                         | <b>Date written:</b>      | 18/08/2016 |
| <b>Authorised by:</b> | NTCTA Executive Council | <b>Review date:</b>       | 01/08/2023 |

#### 1. BACKGROUND

1.1. The Northern Territory Clay Target Association Inc. (**NTCTA**) has formulated this Hot Weather Policy to minimise the risk of injury, illness and possible death in Northern Territory clay target sports that are coordinated by NTCTA and affiliated clubs by assisting administrators, officials, coaches and competitors to recognise and manage potentially dangerous situations.

1.2. This policy shall apply to all members, administrators, officials, coaches, volunteers and competitors associated with the NTCTA.

1.3. Participant Includes competitors, volunteers, officials, spectators and any person attending at a shoot or event.

#### 2. RATIONALE

2.1. NTCTA and all affiliated organisations need to ensure that a reasonable Duty of Care is provided to all competitors, volunteers, officials and spectators. NTCTA encourages a common-sense approach. This Policy focuses on the comfort and well being of all

individuals and aims to maintain the highest levels of enjoyment and participation for all.

2.2. Hot weather can harm the performance and the health of all participants (competitors, officials and spectators), and all levels of competitors or shooters.

2.3. Exercising or undertaking official duties in hot weather conditions can place participants at risk of heat illness and in extreme circumstances, even death.

### **3. RECOMMENDATIONS**

#### **3.1. What to Provide at a Shoot being held in Hot Weather**

- Whenever adults, children or adolescents are participating, provide plenty of cool drinking water
- Sunscreen
- Shelter
- Ice (optional)
- Sports drinks such as Gatorade or Powerade (optional)

#### **4. What is required at a Meeting being held in Hot Weather**

- Competitors **MUST** be warned of the dangers of competing in hot weather. Any Executive Council member has the power to cancel or postpone a shoot or event.
- If medical personnel believe that heat illness is affecting a participant, that participant will no longer be permitted to officiate or compete.

#### **5. Club review and inception of own hot weather policy**

Any clubs affiliated with the NTCTA may have their own club specific policy which is to be in addition to this policy.

## **INFORMATION**

Physical activity in hot environments creates competitive demands on the cardiovascular system, which is required to increase blood supply to the exercising muscles. At the same time it must regulate the body temperature by increasing skin blood flow in order to produce the sweat that keeps the body cool.

### **Factors that can contribute to heat injury include:**

- High ambient (air) temperature
- Solar radiation
- Humidity
- Dehydration
- Illness
- Medical conditions
- Effects of alcohol and/or drugs

Moderate to high intensity exercise in hot environments, with the associated fluid loss and elevation in the body temperature, can lead to:

- Dehydration
- Illness
- Heat exhaustion / Heat stress

- Heat stroke
- Decrease in performance

### ***Dehydration***

Fluid loss occurs during exercise, mainly due to perspiration and respiration. The loss of fluids makes a participant more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during and after activity will lead to dehydration and may lead to heat exhaustion and heat stroke.

### ***Heat Exhaustion / Heat Stress***

Heat exhaustion follows from dehydration and is characterised by:

- High heart rate
- Dizziness
- Headaches
- Loss of endurance / skill / confusion
- Nausea
- Skin may be clammy / cool / sweating but there still be signs of vasoconstriction eg pale in colour
- Muscles cramps may occur due to dehydration
- Little urine passed, but highly concentrated

- Participant may collapse on stopping activity

### **What to do if you suspect heat exhaustion or heat stress**

- Remove the participant from the area
- Lay the person down in a cool place
- Give plenty of cool water
- If the person is confused or unable to drink water seek medical help immediately

### ***Heat Stroke***

Heat stroke follows from severe dehydration and it has the potential to be fatal and must be treated immediately by a medical practitioner.

Persons who continue to participate when suffering from heat exhaustion may experience heat stroke. Heat stroke can still occur even if they have been drinking plenty of fluids.

It is vital to cool the person as quickly as possible. Symptoms include:

- Dry skin
- Confusion
- Collapsing

### **What to do if you suspect heat stroke**

- Call a doctor or ambulance immediately
- Remove from the area and lay the person down in a cool place

- Give plenty of water if conscious
  
- Cool the person down by putting in a cool bath, shower or under a hose, apply wrapped icepacks to the groin and armpits or use wet towels
  
- Maximise air flow to the person by using fans or fan them with a wet towel

### **When is it safe for adults to participate in hot conditions?**

All hot environments present participants with some level of risk. The most effective way of evaluating the risk of participating in hot conditions for adults is by measuring the Wet Bulb Globe Temperature (WBGT), which takes into account both the ambient or air temperature and the humidity.

It is important to note that the higher the humidity, the less likely cooling will occur through the evaporation of sweat.

### **Calculating the WBGT**

Measuring the WBGT is done by using a WBG Thermometer, this equipment is very expensive and not easily available.

It is possible to obtain an ambient temperature from the Bureau of Meteorology and then use the information to make educated decisions on what mechanism will need to be put in place to reduce the effects of extreme heat of participants.

### **Children, Gender and Heat**

Children's bodies are different to adults and they are greater risk of heat illness. Prior to puberty the sweating mechanism which is essential for effective cooling, is poorly developed. The ratio between weight and surface area in the child is also such that the body absorbs heat more rapidly

in hot conditions.

Children take longer to acclimatise to physical activity in heat than does an adult.

At an ambient temperature greater than 34 degrees Celsius there is an extreme risk of thermal injury to all children and also adolescent participants.

Females may suffer more during activity in hot environments due to the higher percentage of body fat.