

West Gippsland Veterans Golfers Association Inc.

HOT WEATHER GUIDELINES

Note: The following guidelines are based on the guidelines provided by Sport Medicine Australia

These guidelines are not binding, but WG Vets Association reminds all competitors that they must act responsibly. We encourage a common sense approach and consideration of the comfort and well-being of all participants.

WG Vets is aware of the difficulty of settling "one size fits all" guidelines in this area as the level of fitness and heat tolerance by individuals vary greatly. Modification or cancellation of events or withdrawal from participation by individuals may be appropriate even in circumstances falling outside these recommendations.

However, there are risks with exercise in a hot environment, with the associated elevation of body temperature that can lead to heat illness. Heat illness in sport presents as heat exhaustion or the more severe heat stroke.

If people feel unwell during exercise they should immediately cease activity and rest. Further benefit comes if the rest is in a shaded area or if the person can be taken to an air conditioned room.

Heat exhaustion

- Characterised by a high heart rate, dizziness, headache, loss of endurance/skill/confusion and nausea.
- The skin may still be cool/sweating, but there will be signs of developing vasoconstriction (eg, pale colour).
- The rectal temperature may be up to 40°C and the athlete may collapse on stopping activity. Rectal temperature should only be measured by a doctor or nurse.

Heat stroke

- Characteristics are similar to heat exhaustion but with a dry skin, confusion and collapse.
- Heat stroke may arise in an athlete who has not been identified as suffering from heat exhaustion and has persisted in further activity.
- Core temperature measured in the rectum is the only reliable diagnosis of a collapsed athlete to determine heat stroke.

This is a potentially fatal condition and must be treated immediately. It should be assumed that any collapsed individual is at danger of heat stroke. The best first aid measures are "Strip / Soak / Fan"

Guidelines for the Conduct of Vets Golf Events: Hot Weather

Ambient temperature	Relative humidity	Risk of Heat Illness	WG Vets Management Action
15 - 20		Low	Event to proceed as per schedule
21 - 25	Exceeds 70%	Low -moderate	Event to proceed as per schedule
26 – 30	Exceeds 60%	Moderate	Event to proceed as per schedule. Individuals to monitor signs for heat exhaustion and take appropriate steps to mitigate (drink more water, seek shade or withdraw from event)
31 – 35	Exceeds 50%	High – very high	Event to be re-scheduled for 08:00 shotgun start. Individuals to monitor signs for heat exhaustion and take appropriate steps to mitigate. Withdrawal of affected individuals is recommended
36 and above	Exceeds 30%	Extreme	Event to be cancelled and rescheduled for another day.

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