



Heat Policy & Recommended Procedures

STUART APPLEBY JUNIOR GOLF (VICTORIA) INC (SAJG) has formulated a heat policy for SAJG sanctioned events:

- to minimise the risk of thermal injury to players, officials and volunteers
- to assist players, administrators, officials and volunteers to recognise and manage potentially dangerous situations.

This document includes:

1. Cancellation policy for hot weather conditions
2. Procedures to minimise exposure and risk in hot conditions with specific reference to **juniors**

1. Cancellation Policy

In circumstances of hot weather, events may be shortened (eg. 18 holes to 9 holes) or postponed at the discretion of the Host Centre, in consultation with SAJG Management, or in their absence in consultation with any member(s) of the SAJG Committee.

The decision to shorten or postpone an event will be made 30 minutes prior to play.

2. Procedures to minimise exposure and risk of hot conditions

a) Timing of Events

Where possible events will be scheduled to avoid hot conditions.

In Victoria participants are likely to be exposed to a higher risk of thermal injury in the months when summer competition is scheduled although in some regions this level of risk extends into autumn.

Strategy 1.1

It is recommended that games of golf, where possible, are not commenced between the hours of 11am and 4pm during the summer months. Where this is not possible commencement between the hours of 11am - 2pm should be avoided.

b) Hydration

The more a participant sweats, the more fluid he/she must consume to avoid dehydration. High levels of dehydration may increase the risk of heat stress. To diminish the risk of heat stress, fluid should be consumed before, during and after activity.

It is recommended players drink at least 500 ml within 2 hours of playing or practice to promote adequate hydration and allow time for excretion of excess water. During a competition round or practice round it is recommended that players drink fluid at regular intervals to replace water lost through sweating. Players should aim to drink at least 150ml every 15 minutes, however this may vary dependent on the rate of sweating. Water or commercially available sports drinks are considered an adequate fluid option. Fluid taken should be cooler than the air temperature. Players are to be encouraged to drink fluids in breaks

between play and are to be provided convenient access to cool fluids during breaks of play without unnecessary interruption to the event.

c) Junior considerations

Children are far more susceptible to the effects of extreme temperature conditions. Consequently in line with Education Department policies, SAJG recommend that when the temperature reaches 35o during a junior activity, serious consideration should be given to either:

- Cancelling
- Shortening
- Abandoning the activity.

d) To Take Place at SAJG Events

Strategy 2.1

The host club will ensure that cool water, sports drinks or equivalent, be made available at drink stations located at regular intervals (at least every nine holes) for players and officials, to consume during breaks in play. This may include the provision of drinking fountains (provided they are situated in shade to ensure the water is cooler than air temperature).

Strategy 2.2

The host club will ensure that small temporary notices/signage supplied by SAJG is positioned on starting tees and in accessible locations at the Host Centre, to encourage hydration.

Strategy 2.3

Personal hydration information will be posted on the SAJG website.

Strategy 2.4

Personal hydration information will be included in SAJG membership kits.

3. Shade and Sun Protection

Resting in the shade whilst not actively participating in the game is important for recovery and to provide protection from the sun.

Sunscreen is also an important element of sun protection and sunscreen should be applied before, and at regular intervals throughout, the game.

Hats should be worn to assist in the prevention of heat illness. Wide brimmed hats are most suitable and should be well vented.

Light coloured, loose fitting clothes, of natural fibres or composite fabrics, with high wicking (absorption) properties, that provide for adequate ventilation are recommended as the most appropriate clothing in the heat.

Strategy 3.1

Sun protection information will be provided in SAJG membership kits.

Strategy 3.2

Sun protection information will be provided on SAJG website.

Strategy 3.3

Sunscreen (SPF30+) will be made available for use by all players, officials and volunteers.

4. Recovery

Following play, players should ensure they replenish lost fluids. The recommended fluid intake is between 500ml and 1 litre (preferably 5-6 glasses) after a game.

Water or commercially available sports drinks are best, however avoid soft drink, caffeine based drinks such as coffee, tea and colas for adults avoid alcohol as part of a fluid replacement routine.

Resting in cool, shaded areas, using additional fluids to spray or douse yourself, or cool showers can also assist in the recovery process.

4.1 Strategy

Recovery information will be provided to players prior to an event/competition.

5. Prior Medical Conditions

Strategy 5.1

SAJG will take all reasonable steps to advise all players of the following:

Any individual with a pre-existing medical condition or illness that may exacerbate the risk of heat illness should take precaution or exclude themselves from participating, at least during periods of heightened risk. SAJG assumes no responsibility for any medical situation in relation to a competitor(s) and recommends that competitors with a pre-existing medical condition and/or illness consult a medical practitioner for advice on playing golf in the heat.

SAJG Standard Conditions of Entry will be considered to include this policy from 1st May 2004.