EXTREME HEAT PROCEDURE

Contents

1. Purpose

This procedure defines what extreme heat is and how to manage it. This procedure is in addition to and should be read in conjunction with the Quadball Australia First Aid Policy.

2. Scope

2.1 This Procedure applies to:

- All QA members and hired first aid personnel

2.2 This Procedure covers:

- What heat stress risk is and what should steps to take

2.3 This Procedure does not cover:

- Other types of injuries

3. Objectives

The objective of this Procedure is to ensure that:

- All QA members and hired first aid personnel understand and adhere to the Extreme Heat Procedure

4. Background

Quadball Australia has adopted the Sports Medicine Australia Extreme Heat Policy to follow alongside sports of a similar nature. Therefore, on review of the Sports Risk Classification, Quadball falls under Category 4 (other sports in this category are Rugby, Cricket, Bushwalking, and Baseball).

4.1 Heat Prediction

To predict the heat risk associated with participation, the temperature and humidity for the location where competition or practice takes place must be acquired. It is essential that the peak temperature during the time of play is used with the accompanying relative humidity at that specific time. If the peak relative humidity is used for a particular day, which usually occurs when temperature is lowest, heat stress risk will be overestimated and competition unnecessarily disrupted or cancelled.

Go to this website to find current heat risk and up to 3 days ahead: https://sma-heat-policy.sydney.edu.au/. Select “Rugby Union” for sport, and select the location of the game.

If the website is inaccessible, you can also obtain a forecast of temperature and humidity for the upcoming 72 hours:

1. Visit: http://www.bom.gov.au/places/ and enter your location/post code.

2. Click on: “DETAILED 3-HOURLY FORECAST”
3. Select the specific day/date of enquiry
4. Identify the column with the nearest time to the planned competition/practice
5. Note the “Air Temperature (˚C)” value
6. AND IN THE SAME COLUMN, note the concurrent “Relative Humidity (%)” value found towards the bottom of the entry for that date

NOTE: Reported temperatures and humidity values will only be estimates. The most accurate conditions can be measured locally with devices.

The combined Air Temperature (x-axis) and Relative Humidity (y-axis) should then be plotted on the appropriate figure for your specific sport. The point of intersection of these two values will subsequently fall in one of 4 coloured zones indicating a given level of heat stress risk (see Appendix 1)

5. Mitigation Strategies

Each classification has a heat stress risk, which results in different mitigation strategies. The basics of the policy can be seen below (see appendix 2).

5.1 Green (Low Heat Stress Risk)

When heat stress risk is low, maintaining hydration through regular fluid consumption and modifying clothing is still a simple yet effective way of keeping cool and preserving health and performance during the summer months.
You should:

- Ensure pre-exercise hydration by consuming 6 ml of water per kilogram of body weight every 2-3 hours before exercise.
- Drink regularly throughout the exercise. Aim to drink enough to offset sweat losses, but it is vital to avoid over-drinking because this can also have adverse health effects. To familiarise yourself with how much you typically sweat, become accustomed to weighing yourself before and after practice or competition.

The clothing/equipment you wear can influence how quickly you heat-up during exercise. However, simple clothing modifications can help to keep you cool.
You should:

- Where possible, select light-weight and breathable clothing with extra ventilation.
- Remove unnecessary clothing/equipment and/or excess clothing layers.
- Reduce the amount of skin that is covered by clothing – this will help increase your sweat evaporation, which will help you dissipate heat.

NOTE: Sunscreen does NOT impede sweating or affect heat loss from the skin. Sunscreen should be applied regularly, as per instructions, to avoid sunburn.

5.2 Yellow (Moderate Heat Stress Risk)

When the heat stress risk is moderate, increasing the frequency and/or duration of your rest breaks during exercise or sporting activities is an effective way of reducing your risk for heat illness even if minimal resources are available.

During gameplay at Yellow heat conditions, games will undergo mandatory rest breaks.

- The head referee is required to blow a stoppage of play as soon as is practicable after 15 minutes have elapsed, at a time where none of the game balls are being actively contested.
- Players are to leave their brooms and balls in place where they were at the moment the whistle is blown, functionally similar to a standard timeout.
- The stoppage is to last for 5 minutes. All players and referees are to seek shade and access water.
- The starting procedure after the allotted time elapses will match that of a timeout, play shall restart with all players in position where they stopped and balls will start where they were before the stoppage, including any loose on the ground.
- The procedure shall be repeated if the match subsequently reaches 30 minutes duration and again at 15-minute intervals henceforth.

5.3 Orange (High Heat Stress Risk)

When the heat stress risk is high, active cooling strategies should be applied during scheduled and additional rest breaks, or before and during activity if play is continuous.

During gameplay at Orange heat conditions, games will undergo mandatory rest breaks.

- The head referee is required to blow a stoppage of play as soon as is practicable after 10 minutes have elapsed, at a time where none of the game balls are being actively contested.
- Players are to leave their brooms and balls in place where they were at the moment the whistle is blown, functionally similar to a standard timeout.
- The stoppage is to last for 10 minutes. All players and referees are to seek shade and undertake active cooling strategies
- The starting procedure after the allotted time elapses will match that of a timeout, play shall restart with all players in position where they stopped and balls will start where they were before the stoppage, including any loose on the ground.
- The procedure shall be repeated at 10-minute intervals henceforth.

Active cooling strategies include:

- Drinking cold fluids and/or ice slushies before exercise commences. Note that cold water and ice slushy ingestion during exercise is less effective for cooling
- Submerging your arms/feet in cold water
- Water dousing – wetting your skin with cool water using a sponge or a spray bottle helps increase evaporation, which is the most effective cooling mechanism in the heat
- Ice packs/towels – placing an ice pack or damp towel filled with crushed ice around your neck

- Electric (misting) fans – outdoor fans can help keep your body cool, especially when combined with a water misting system

NOTE: The application of substances such as menthol to the skin can induce a cool sensation, but they do not physically cool the body and therefore do not lower the risk of heat related illness.

5.4 Red (Extreme Heat Stress Risk)

When the heat stress risk is extreme, exercise/play is to be suspended. If play has commenced, then all activities should be stopped as soon as possible.

- All players should seek shade or cool refuge in an air-conditioned space if available
- Active cooling strategies should be applied

6. Roles and Responsibilities

6.1 Responsibility Summary

Role	Responsibility/Accountability
QA	Accountable for this Procedure.
Board Members	Supports the execution of all or certain requirements within this Procedure.
Tournament Director	The tournament director holds a duty of care to all attendees to an event. They must make sure that all procedures in the First Aid Policy and subsequent documents are adhered to.
First Aid Team	The first aid team are either event first aid services or first aid volunteers defined in the First Aid Policy. They hold the duty of care to all attendees at an event. They must work in their scope of practice and execute their duties following the First Aid Policy and subsequent documents.
Head Referee	Head referees hold the duty of care of all players on the field from equipment check to 5 minutes after the game has ended. They work with the first aid team to ensure a safe game for all players and spectators. They follow the guidance of the first aid team at all times when an injured player is on the field.
Players	Players are responsible for their own and others' safety on the field. They are encouraged to seek first aid assessment whenever they consider themselves to be injured. They must follow first aid team instructions in the instance of a serious injury.

7. Reference and associated documents

7.1 Associated QA documents

- National Member Protection Policy
- Code of Conduct
- First Aid Policy

7.2 Associated IQA documents

- IQA Rulebook

7.3 Associated External documents

- Sports Medicine Australia Extreme Heat Policy
- VIC Sport Hot Weather Resources
- Australian Resuscitation Council ANZCOR Guideline 9.3.4 – Heat Induced Illness (Hyperthermia)

8. Definitions and acronyms

Term/Acronym	Definition
QA	Quadball Australia
IQA	International Quadball Association
First Aid Team	First Aid Volunteer or Event First Aid Service staff as defined in the QA Event First Aid Policy.

9. Document change summary

All review and revision history, including approval information, is retained here.

Version	Approved by	Date	Summary of Change
1.0	Nicola Gertler & Eden Hodge Board Director	2/5/2024	Initial document

10. Appendix

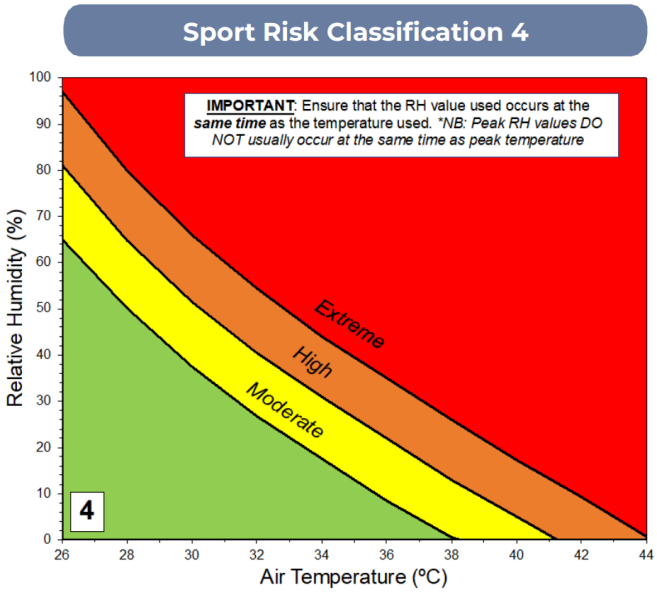
10.1 Heat Risk Classification

GREEN: Low Risk

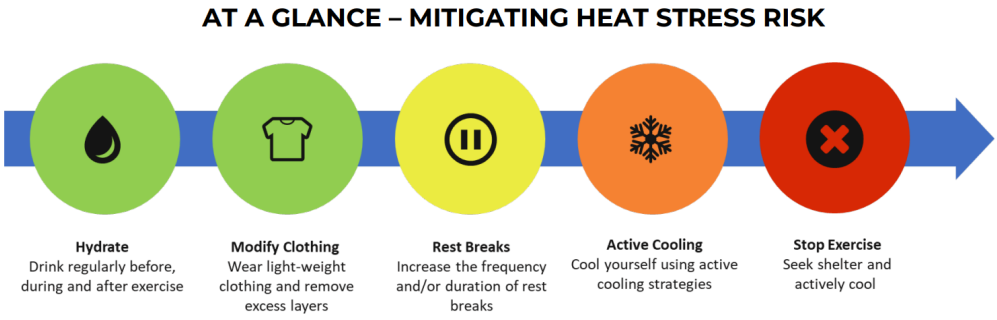
YELLOW: Moderate Risk

ORANGE: High Risk

RED: Extreme Risk



10.2 Mitigating Heat Stress Risk



10.3 Heat Related Illness Guide

Heat related illness is the result of the player not being acclimated to the heat and/or humidity.

Dehydration	
Signs and Symptoms: • Dizziness • Fatigue • Thirst	Treatment: • Sit or lay person down in cool environment

• Loss of appetite • Loss of sweating	• Hydrate – no more than 200mL every 15 minutes • Monitor for heat exhaustion or heat stroke • If symptoms do not improve, call 000
Heat Exhaustion	
Signs and Symptoms: • Heavy sweating • Pale skin • Rapid and weak pulse • Rapid and shallow breathing • Fatigue • Dizziness • Headache • Nausea or vomiting • Fainting	Treatment: • Lay person down in cool environment • Hydrate – no more than 200mL every 15 minutes • Remove external clothing • Cool the body down with water and fanning • Monitor for heat stroke • If symptoms do not improve, call 000
Heat Stroke	
Signs and Symptoms: • Sudden body temperature rise • Hot and dry skin • No sweat • Rapid and weak pulse • Rapid and shallow breathing • Intense thirst • Dizziness • Headache • Nausea or vomiting • Confusion, poor coordination or slurred speech (appears drunk) • Aggressive or bizarre behaviour • Loss of consciousness • Seizures	Treatment: • Call 000 • Lay person down in cool environment • Do NOT give the person anything to drink • Remove external clothing • Cool the body down with ice, water and fanning • Place in an ice bath if possible. • Place ice packs under armpits, groin, palms, and soles of feet • If unconscious, place in recovery position