



Australian  
Calisthenic  
Federation

# Heat/Sun Awareness Policy

Issued: 01 December 2015



Australian Government  
Australian Sports Commission

## PREFACE

While the majority of our sport is performed indoors, it is a vital part of promoting ourselves to the public that takes us out into the elements of our harsh summer climate. Our weather patterns are changing and becoming hotter for longer periods of time. These elements increase exposing our participants and coaches to the risk of sunburn, dehydration and heat exhaustion.

We should all be mindful of our individual State's climate when planning rehearsal and performances and ensure that all involved are protected, both for the present and future health of all.

***Elizabeth Kratzel***  
**President**

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## **PART I – INTRODUCTION**

This part sets out the purpose of this Policy, who it applies to, when it commences, what words mean and who has responsibilities under the Policy.

### **1. WHAT IS THE PURPOSE OF THIS POLICY?**

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1.1 The purpose of this Policy is to:

- (a) alert State Sporting Associations (SSAs) and participants to the health risks associated with heat illness due to physical activity in hot to extreme weather
- (b) provide guidelines for prevention and decreasing the risk of heat exhaustion and sunburn.

1.2 The technical/medical details in this policy have been sourced from Sports Medicine Australia.

### **2. WHO DOES THIS POLICY APPLY TO?**

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2.1 This Policy applies to the following organisations and individuals:

- (a) persons appointed or elected to boards of directors, executives and/or committees (including sub-committees) of ACF, Member States and Affiliated Clubs
- (b) officials appointed or elected by ACF, Member States and Affiliated Clubs which represent such organisations
- (c) coaches (including assistant coaches) who:
  - (i) are appointed and/or employed by ACF, Member States and Affiliated Clubs (whether paid or unpaid)
  - (ii) have an agreement (whether or not in writing) with ACF, a Member State or an Affiliated Club to coach at a facility owned/hired or managed by such organisation
- (d) participants who enter any competition, activity or events (including camps, training sessions etc.) which are held or sanctioned by ACF, a Member State or an Affiliated Club
- (e) Member States
- (f) Affiliated Clubs
- (g) any other person or organisation, who or which is, a member of, or affiliated to, ACF, a Member State or an Affiliated Club (including life members).

### **3. WHAT IS THE STATUS OF THIS POLICY?**

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- 3.1 This Policy is issued by the ACF Council under rule 19(3) of the ACF Constitution.
- 3.2 This Policy comes into force on 1 December 2015.
- 3.3 This Policy may be changed from time to time by the ACF Council.

### **4. WHAT DO WORDS IN THIS POLICY MEAN?**

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- 4.1 In this Policy, words appearing with a capital shall have the meaning set out in Attachment A and Attachment A will form part of this Policy.

## **PART II - POSITION STATEMENT**

The health of Calisthenic members is a primary concern of ACF. As our sport season spans a long portion of the year, we should be mindful of the climate conditions in which we ask our participants to perform /rehearse.

The ACF and its affiliated bodies have a responsibility to create an environment for its pupils, coaches and administrators which is safe and prevent exposure to excessive heat and sun.

### **5. RESPONSIBILITIES UNDER THE POLICY**

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- 5.1 ACF and Member States must:
  - (a) adopt and comply with this Policy
  - (b) publish, distribute and promote this Policy (and any amendments made to it from time to time) to their members in the manner required by ACF and make this Policy available for inspection, or provide a copy.
- 5.2 SSAs and affiliated Clubs must:
  - (a) adopt and comply with this Policy
  - (b) publish, distribute and promote this Policy (and any amendments made to it from time to time) to their members in the manner required by ACF and make this Policy available for inspection, or provide a copy
  - (c) make such amendments to their constitution, rules or by laws in order for this Policy to be adopted and enforceable, as required by ACF.

## PART III - OPERATIONAL PROCEDURES

### 6. DISCUSSION

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- 6.1 The risk of heat illness from vigorous exercise or high intensity sport is significant. It can range from cramps through heat exhaustion to heat stroke, coma and death.
- 6.2 During exercise, participants may produce 15-20 times the heat they produce at rest. Dissipation of this excess heat is primarily achieved through sweating. If the body's ability to dissipate heat is compromised, core temperature may rise by one degree Celsius for every five minutes of exercise if no temperature regulating mechanism is activated. If a participant's core temperature is above 40 degrees Celsius (normally 37 degrees) the risk of heat injury is significant. A temperature of 41 degrees is dangerous.
- 6.3 Factors which impair the body's ability to dissipate heat are:
- (a) high ambient temperature
  - (b) solar radiation
  - (c) humidity (which compromises the efficacy of sweating)
  - (d) dehydration.
- 6.4 Children sweat less and get less evaporative cooling than adults. In hot weather, they have greater difficulty in getting rid of heat; they look flushed and feel hotter and more stressed than adults. Overweight children are particularly disadvantaged exercising in warm weather.
- 6.5 Symptoms of heat illness include:
- (a) light headedness, dizziness
  - (b) nausea
  - (c) obvious fatigue
  - (d) cessation of sweating
  - (e) obvious loss of skill and coordination
  - (f) unsteadiness
  - (g) confusion
  - (h) aggressive or irrational behaviour
  - (i) collapse
  - (j) ashen pale grey skin.

## 7. TEMPERATURE GUIDELINES

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7.1 This table provides approximate guidelines:

Ambient temperature	Risk of thermal injury	Possible modification
26-30	Moderate	Moderate early season training intensity and take more breaks
31-35	High – very high	Limit intensity. Limit duration to less than 60 minutes per session with long breaks
36 and above	Extreme	Consider postponement to a cooler part of the day or cancellation

## 8. PREVENTION

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8.1 ACF promotes the following preventative strategy:

### a) Drinks

The more participants sweat, the more fluids they must consume to avoid dehydration. It is recommended that participants drink:

- i. 7-8 ml of fluid per kg of body mass no more than two hours before practice sessions
- ii. 3 ml of fluid per kg of body mass every 15-20 minutes during practice sessions

Unfit or overweight children and adolescents should take extra precautions to lessen the potential for heat gain through consuming more fluids and increased break times.

In high risk conditions, participants should be offered drinks at scheduled breaks. Water is considered an adequate drink for activities lasting up to an hour. After that time it is recommended to use carbohydrate –based sports drinks as a means of replacing fluids, carbohydrates and electrolytes lost during prolonged activity.

More fluid appears to be consumed by young children when drinks offered are perceived as palatable to them. Therefore flavoured drinks could be considered.

### b) Rehearsals

All Affiliated Clubs and officials should act in a proactive manner in case of extreme and prolonged heat:

- i. if rehearsals are held on a day of high temperatures (31-35° and above)<sup>1</sup> cooling devices should be available and used.
- ii. Participants should be allowed rest breaks equivalent to at least three minutes for every 30 minutes of activity.

<sup>1</sup> States and Territories should make individual decisions based on climatic conditions to their area.

- iii. Rest breaks should include fans, icepacks, wet sponging and water spray bottles to assist cooling.
- iv. In the event of high temperatures continuing for a long period of time, consideration to cancelling or rescheduling normal practice sessions should be given.

**c) Outdoor events**

Where possible, outdoor events (eg. Christmas parades, sports events and promotional displays) should accommodate the following:

- i. They should be scheduled outside the hours of 11.00 am and 3.00 pm (daylight savings time) in the warmer seasons.
- ii. Costumes need to be of appropriate weight for the temperature.
- iii. Organisers should provide water supplies and portable shade structures for the performers and organisers as well as encouraging individuals to bring their own shade structures, sunscreen and water supplies.
- iv. Spectators need to be encouraged to be prepared for sun/heat exposure.
- v. If the temperature is due to reach 40 degrees, calisthenic involvement should be cancelled.

**d) Modifying warm-ups**

In hot conditions, reduce the duration and intensity of warm-ups to minimise the increase in body heat and temperature.

**e) Clothing**

Uniforms and performance costumes should be appropriate for the season. Heat exhaustion would be prevented by not allowing a heavy costume to be worn in high temperatures, as would light attire be adverse in colder weather.

National Representative Teams should be supplied with appropriate clothing by their respective states, relevant to the host state of the current year. If necessary, this should include head covering.

**f) Sunscreen**

Sun protection in the form of clothing, shade or lotion should be encouraged when outdoors.

At all times, individual needs must be considered.



## ATTACHMENT A - POLICY DEFINITIONS

“**ACF**” means the Australian Calisthenic Federation Inc, the national governing body for calisthenics in Australia.

“**ACF Constitution**” means the constitution of ACF as amended from time to time.

“**Policy**” and “**this Policy**” means this Heat / Sun Awareness Policy

“**Affiliated body**” is any accredited Calisthenic State and Territories parent bodies.

“**Affiliated Club**” means a club (whether incorporated, unincorporated or otherwise) which is a member of a Member State.

“**Member**” is an affiliated body.

“**Member State**” has the same meaning as in the ACF Constitution.

“**Organiser**” is the Calisthenic representative in charge of the event / item.

“**National Representative Team**” represents the individuals selected by the State/Territory body to compete at the ACF’s National Title Competition.