

ELTC Inc. Extreme Heat Guidelines

A range of factors are considered in judging that it is suitable for play to continue. These include...

- Heat Stress Index – a table of 'apparent heat' taking into consideration both ambient temperature and humidity.
- Wind Chill (light wind conditions) – low humidity combined with movement of air improves cooling efficiency.
- Microclimate (Grass Courts) – grass courts do not generate the same surface temperatures as hard/synthetic court surfaces.

It is therefore not possible to nominate an absolute temperature beyond which play will be abandoned. Rather, the Committee will continue to monitor weather conditions with a view to ensuring player safety.

BEAT THE HEAT

High intensity exercise in a hot environment, with the associated fluid loss and elevation of body temperature, can lead to Dehydration, Heat Exhaustion and Heat Stroke.

AVOID HEAT STRESS BY ADEQUATE FLUID REPLACEMENT.

- Competing in hot weather will result in extra fluid loss (dehydration). Even small degrees of dehydration will cause a decrease in performance and this can occur at any stage of a competition, particularly in hot conditions.
- Dehydration contributes to fatigue and may make you more susceptible to cramps, heat stress and heat stroke.
- Children are at a greater risk of heat stress than mature adults.

'BEAT THE HEAT' USING THE FOLLOWING MEASURES

WHAT TO WEAR

- Wear a hat, cap or visor – a broad brimmed hat is preferred.
- Wear a 30+ sunscreen to prevent skin damage and skin cancer.
- Wear sunglasses to protect your eyes.
- Replace sweat-saturated garments with dry clothing.

DRINK PLENTY OF WATER

Do Not Wait To Feel Thirsty Before You Drink!

- Sweat is mainly water and a very little salt.
- Drink cool water as it is absorbed more rapidly than warm water.
- If competing for more than one hour, use a sports drink - a carbohydrate drink of 5-10% concentration with a small amount of sodium chloride (salt tablets should be avoided because of their very high sodium chloride content, which can make dehydration worse).
- Thirst is a poor indicator – it is a late signal of severe fluid loss.

FLUID REPLACEMENT ROUTINE

- Avoid starting exercise dehydrated (drink plenty of fluids for several hours prior to participating).
- Drink at least 500 ml (2-3 glasses) ½ to 1 hr before a match.
- Drink at least 500 ml to 1 litre (5-6 glasses) after a match and continue to drink until fluid losses are replaced.

SYMPTOMS OF HEAT INJURY OR HEAT STROKE

- Symptoms of heat injury or heat stroke include:
 - Fatigue
 - Nausea
 - Headache
 - Confusion
 - Light-headedness
- If you have these symptoms, you should stop competing, drink more fluids and cool down (seek medical treatment if symptoms do not improve rapidly).

Individual persons will be affected differently by environmental conditions. Individuals have a responsibility to take into account their:

Fitness level, Athletic ability, Age, Gender, Any predisposed medical conditions, Level of acclimatisation.