

# ELTC Inc. Extreme Heat Guidelines

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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.