Preamble
There is no generic Hot Weather Policy for sports due to the many variances between sport competition and individuals. However, Rowing SA has chosen to abide by Sports Medicine Australia’s Hot Weather Guidelines, outlined below. These new guidelines are based on the latest research as well as the expertise of SMA’s medical and scientific members.

These guidelines are not binding, and SMA reminds all parties that they must act responsibly. SMA encourages a common sense approach and consideration of the comfort and well-being of all individuals including participants and officials. Modification or cancellation of events, training or withdrawal from participation may be appropriate even in circumstances falling outside these recommendations.

2. Rowing training in hot weather
Rowing SA recommends that all clubs and schools ensure that they are familiar with the SMASA Hot Weather Guidelines and that they have individual guidelines/procedures within their training schedules to advise their rowers.

All coaches and other personnel should consider their duty of care responsibilities with regard to coping with the heat and understanding that high intensity exercise in a hot environment with associated fluid loss and elevation of body temperature can lead to:

DEHYDRATION - HEAT EXHAUSTION - HEAT STROKE

3. Rowing SA regatta cancellation / postponement
Generally the Mediterranean climate in SA allows for regattas to be held early in the day and avoid extreme hot weather without having to cancel a regatta prior to the event.

Where possible regattas will not be cancelled due to hot weather forecast, however regatta programs will be amended and high risk groups removed from the program particularly early in the season where acclimatisation to heat is minimal and rowing fitness is low.

On regatta days, climatic conditions will be continually monitored and all factors taken into consideration by the Regatta Referee who will decide on the continuation of regatta participation.

The logistics associated with regattas and movement of boats and rowers to various venues requires that Rowing SA have procedures in place to assist all clubs/schools with their planning and organisation.

Refer also to: ‘Guidelines for Medical Services provisions at Rowing Australia conducted events’ Version 1, 2010
3.1 Prior to regatta (>24 hours)

Forecast 35-38°C for regatta day in "The Advertiser" on day prior ie usually Friday

Forecast 38°C or more for regatta day in "The Advertiser" on day prior ie usually Friday

1. Consider separate venues for younger school rowers and the rest of the races.
2. Consider what type of regatta is being held and amend timetable to start earlier (need to check with each venue).
3. Give priority to Championship events.
4. If necessary to delete races then start with the younger and older ie Yr 8/9, Masters 40+, Yr 9/10 races.

Do not change:
- Distance of race
- Premiership Points
- Status of race

NEED to liaise with:
- All Clubs/Schools
- Umpires
- Volunteers
- Regatta Host
- Other Venue users

FRIDAY 9am - Advise that Hot Weather Policy in place
FRIDAY 12noon - Issue FINAL program

Need to provide extra volunteers / BROs to allow rest periods for regatta officials
3.2 On regatta day

3.4 Rescheduled regattas

<table>
<thead>
<tr>
<th>Number of races</th>
<th>Time Interval</th>
<th>Start Time</th>
<th>End Time</th>
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<tr>
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<td>4 min</td>
<td>7:00am</td>
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4. Key strategies for reducing the risk of heat illness at rowing regattas in South Australia

At regattas conducted in high risk hot weather conditions:

- Event organisers must ensure that all participants are informed of the strategies for reducing the risk of heat illness as published by Sports Medicine Australia.
- Event organisers where possible should not schedule competition at high risk hot weather times of the day. Events should be scheduled in the early mornings or late evenings to avoid the hotter periods of the days.
• Event organisers must make available suitable quantity and quality of drinking water for the adequate hydration of participating athletes and officials. Where possible event organisers should make available the sale of cold water and sports drinks to participants.
• Event organisers should provide sufficient shade areas for the participants in regattas.
• Event organisers must have available suitable and accurate instruments for the measuring of ambient temperature and also relative humidity at the site of the regatta event.
• Event organisers must have an appropriately trained medical officer on hand to manage any heat related stress and illnesses that may occur.
• Event organisers should register as a medical incident all heat related illnesses or disorders occurring during the rowing regatta.
• Climatic conditions must be continually monitored by the regatta medical officer in consultation with the nominated regatta referee. These two officials should decide the suitability of conditions for continuation of regatta participation for each of the respective rowing populations mentioned above.