



HEAT AND SUN POLICY

VERSION 1.0

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CONTEXT STATEMENT

Skiping NT is committed to ensuring the safety and well-being of everyone involved in our sport.

Skiping NT acknowledges that environmental factors such as sun and heat can and do affect the health and safety of all those involved in activities conducted by the Association and its Members.

Skiping is largely an indoor sport but preventative strategies to reduce the impact of sun are required when outdoor events are undertaken.

RESPONSIBILITIES

Coaches, officials and athletes have a role in minimising the impact of heat and sun during training or competition.

ATHLETE'S RESPONSIBILITIES

- Carrying personal water supply and using personal cooling items (such as a spray bottle or damp towel)
- Drinking at least 500ml of water $\frac{1}{2}$ to 1 hour prior to training or competition and ensuring adequate fluid intake during and after activity
- Seeking medical advice if feeling unwell prior, during or following the commencement of activity (especially in hot weather)

COACHES' RESPONSIBILITIES

- Ascertain whether any athlete in their care has a known medical condition
- Ensure athletes take adequate fluids before, during and after activity and actively encourage fluid intake during breaks
- Ensuring adequate rest breaks during training sessions
- Monitor athletes for signs of heat illness

OFFICIAL'S RESPONSIBILITIES

- Ensuring venue airflow is maximised, including the use of fans or air conditioners where practical
- Ensuring a sufficient supply of water is available
- Where possible, scheduling of outdoor activities outside the hours of 11am and 3pm
- Organising outdoor activities to maximise the opportunity for participants and spectators to be in the shade
- Seeking urgent medical attention for participants displaying signs of heat illness
- Adjusting event schedule or cancelling events in extreme weather conditions