

Extracts from Sports Medicine Australia (SMA), guide to riding in hot weather.

1. Factors that increase the risk of heat related illness include:

- a) High exercise intensity e.g. exercising close to personal capacity.
- b) Lack of fitness (due to insufficient training that includes some at competition intensity and duration).
- c) Previous history of heat illness or heat intolerance.
- d) Aged over 65.
- e) High air temperature and high humidity (see tables).
- f) Low air movement/no wind, following wind in cycling.
- g) Prolonged exposure to hot conditions.
- h) Heavy clothing and protective equipment e.g. padding such as arm and leg guards.
- i) Lack of acclimatisation (due to lack of recent training in warm and humid conditions).
- j) Dehydration (inadequate water intake before exercise and during activity longer than 60 minutes).
- k) Illness and medical conditions (current or recent infectious illness, chronic health disorders).

2. Temperature

Ambient temperature is the most easily understood guide available, and is most useful on hot, dry days. **When an extreme high temperature warning is issued by the BOM, then the executive committee in co-operation with the ride leader will consider cancelling the ride.** See the table below for mitigation measures.

Ambient temp	Relative Humidity	Risk of Heat Illness.	Possible management for sustained physical activity
15-20		Low	Heat illness can occur with high exertion. Caution hi-motivation
21-25	>70%	Low-Moderate	Increase vigilance. Caution over-motivation
26-30	>60%	Moderate	Moderate early pre-season training. Reduce intensity and duration of playing. Take more breaks
31-35	>50%	High-Very high	Uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 60 minutes.
36 and above	>30%	Extreme	Very stressful for most people. Cancel the ride or postpone to a cooler part of the day

3. Heat Exhaustion and Heat Stroke.

One of our registered nurses if available, will aid as required. If they are not available, then others with first aid training may assist.

4. Heat exhaustion.

- a) Heat exhaustion is characterised by a high heart rate, dizziness, headache, loss of endurance/skill/confusion and nausea.
- b) The skin may still be cool/sweating, but there will be signs of developing pale colour.
- c) To avoid heat exhaustion, if people feel unwell during exercise, they should immediately cease activity, drink water, and rest in a shaded area.**
- d) Arrange to be picked up by a family/club member in a vehicle and taken home if required.**

5. Heat Stroke

- a) Characteristics are similar to heat exhaustion but with a dry skin, confusion and collapse. Heat stroke may arise in a rider who has not been identified as suffering from heat exhaustion and has persisted in further activity.
- b) This is a potentially fatal condition and must be treated immediately. It should be assumed that any collapsed rider is at danger of heat stroke. The best first aid measures are "Strip/Soak/Fan".
- c) Strip of any excess clothing/ Soak with water/Fan/Water or ice placed in armpits/groin.
- d) The aim is to reduce the body temperature as quickly as possible.**
- e) The rider should be immediately referred for treatment by a medical professional, and/or call an ambulance if required.**
- f) If the rider is not taken to hospital arrange for a vehicle to take them home or to the doctor as required
- g) Note that heat exhaustion/stroke can still occur even in the presence of good hydration.

6. Consideration of Wet Bulb and Dew Point Temperatures when exercising. Wet bulb and dew point temperatures are also used a guide to when it is unsafe to continue exercising in hot and humid conditions. The Dew Point Temperature measurement is on the BOM website for the Norah Head weather station but it is only updated every half hour. **Any reading above 26 degrees indicates a condition where it may be hazardous for riders of high intensity to continue riding.**