

HEAT MANAGEMENT PLAN FOR REGATTAS HELD AT THE SYDNEY INTERNATIONAL REGATTA CENTRE

Heat stress and the adverse physical effects of competing in high temperatures are identified risks of rowing and racing.

Recognising that the Sydney International Regatta Centre (SIRC) is particularly susceptible to high (and sometimes extreme) temperatures during the summer racing season, Rowing New South Wales has established a Heat Management Plan to facilitate rowing competition at SIRC in conditions where, because of high temperature levels, competing athletes may be at an elevated risk of heat stress.

The Heat Management Plan provides a framework under which RNSW and its regatta managers can take measures (including the suspension, cancellation or rescheduling of events, and the imposition of restrictions on competition), if they believe that temperatures on the day warrant such measures. The objective of any changes will be to modify the format of the regatta to enable competition to continue on a basis which minimizes the risk of heat stress to competitors.

RNSW expects that all athletes, coaches, schools and clubs will voluntarily comply with the Heat Management Plan and will also voluntarily comply with any heat management measures recommended by RNSW or its regatta managers on any competition day.

Ultimately, primary responsibility for the safety and wellbeing of each athlete rests with the athlete or, in the case of junior athletes, with his or her coach, club or school.

THREE STAGES OF HEAT MANAGEMENT PLAN

The Heat Management Plan involves 3 stages

Stage 1. Notification of Plan and Communications

At the commencement of each rowing season:

- (a) RNSW will publish a copy of the Heat Management Plan on its website.
- (b) School and club coaches, rowing administrators and competitors will be invited to register their mobile numbers with RNSW for text message notifications regarding implementation of heat management measures. RNSW will maintain a register of those numbers for broadcast text messaging on days when heat management measures are imposed.

Stage 2. Early Warnings and Notifications

If, prior to any regatta at SIRC, it becomes apparent to RNSW that high temperatures are likely to be experienced and that heat management measures may have to be implemented, RNSW will:

- (a) post a notice on its website; and
- (b) send a text message to all registered mobile numbers

alerting competitors to the potential for heat management measures.

Stage 3 Implement and Communicate Heat Management Measures

- (a) If, on any regatta day, temperature levels are sufficiently high, RNSW may declare a Level I, Level II, Level III or Level IV Heat Alert. Once a declaration has been made, the heat management measures referred to below will be implemented.
- (b) The decision to implement heat management measures following the Heat Alert will be communicated to regatta participants:
 - by announcement over the public address system, and
 - by broadcast text message to all registered mobile numbers.
- (c) RNSW may upgrade or downgrade Heat Alerts as conditions change and will communicate any changes to regatta participants in the same manner.

IMPLEMENTATION OF HEAT MANAGEMENT MEASURES

In determining whether Heat Alerts should be issued, RNSW and its regatta officials will have regard to the ambient (air) temperature prevailing at SIRC at the time. but will have complete discretion to consider any other factors (such as humidity, the effect of any wind or breeze and the immediate weather outlook) they consider relevant.

As a general guide for regatta officials, competitors and coaches, Heat Alerts are likely to be imposed at the following temperatures:

Heat Alert Level	Approx Temperature
Level I	32°C or greater
Level II	36°C or greater
Level III	38°C or greater
Level IV	40°C or greater

If Level I, Level II, Level III or Level IV Heat Alerts are declared, the following heat management measures will apply.

Level I Heat Alert

(a) If a Level I Heat Alert is declared:

- rowers and crews which include rowers who are under 16 years old
- rowers and crews competing in C or D grade, or novice events, and
- rowers competing in masters events

are strongly advised to follow the guidelines set out below. The decision to allow these rowers and crews to continue racing will be based on the assumption that the guidelines are followed.

- (1) Rowers rowing to the start of their event should take with them a minimum of 500 mls of water which should be consumed before they race.
 - (2) Rowers should not be on the water more than 30 minutes prior to the start time of their event.
 - (3) Rowers should row directly from the pontoon to the start of their event and should not do an extended warm up around the warm-up lake.
 - (4) Rowers should only compete in two races while Heat Alerts are in force and there should be a minimum of two hours between start times of the two races.
- (b) After a Level I Heat Alert has been declared, no competitor (of any age or grade) who has been treated for heat stress or dehydration should continue to participate in the regatta on that day.

- (c) Competitors should continue to observe Level I Alert guidelines during higher Level Heat Alerts.

Level II Heat Alert

- (a) If a Level II Heat Alert is declared, the guidelines applicable to crews and rowers under a Level I Heat Alert should be observed by all competitors regardless of age or grade.
- (b) In addition, if a Level II Heat Alert is declared, RNSW **may** reschedule or cancel Year 8 and 9 school events, as well as U16, C and D Grade and Masters events.

Level III Heat Alert

If a Level III Heat Alert is implemented, RNSW or its regatta managers are likely to suspend or cancel Year 8 and 9 school events, as well as all U16, C and D Grade and Masters events, and **may** reschedule or suspend other events.

Level IV Heat Alert

If a Level IV Heat Alert is implemented, RNSW or its regatta managers are likely to cancel Year 8 and 9 school events, as well as all U16, C and D Grade and Masters events, and **may** suspend or cancel other events or cancel the regatta.

COXSWAINS

Coaches and crews are expected to monitor the welfare of all coxswains and to ensure that they are properly hydrated and sun protected.

RESPONSIBILITY FOR COMPLIANCE

Responsibility for compliance with the heat management guidelines specified in this Plan rests with athletes, schools and clubs.

Furthermore, the guidelines must be seen as guidelines only. Each competitor (or, where the competitor is a junior rower, the competitor's parent, coach, club or school) must be responsible for deciding whether or not it is safe to compete and for determining what measures may be necessary to minimize the risk of heat stress for that particular competitor.