

How to Beat the Heat This Summer

Exercising in hot weather conditions can place participants at risk of heat illness and in extreme circumstances, even death.

Heat exhaustion is not a trifling matter - it is a serious health risk, especially in Australia. There are common sense steps that Coaches, Players, Sports Trainers and Sports First Aiders can take to minimise the risks.

WHAT STEPS CAN BE TAKEN TO PREVENT PLAYERS GETTING HEAT INJURY?

There are circumstances when players are required to participate in hot conditions. The risk of experiencing heat illness, particularly in such conditions, can be reduced by employing any of a number of strategies. These include:

1. Timing of Games

Games and sporting activities involving moderate to high intensity exercise should be scheduled to avoid conditions where athletes may be exposed to dangerous temperatures. Where possible, especially during the summer months, games should not be scheduled during the hottest part of the day (usually between 11am and 3pm, or noon and 4pm daylight saving time). Early morning or night games minimise the risk of encountering unacceptable playing conditions.

2. Hydration – Drink Up!

The more an athlete sweats, the more fluid they must consume to avoid dehydration. High levels of dehydration may increase the risk of heat illness. To diminish the risk of heat illness fluids should be consumed before, during and after activity. Thirst should not be relied upon as an indicator of a participant's fluid needs. Dehydration can even occur when lots of fluid has been consumed. It is recommended participants drink at least 7-8ml of fluid per kg of body mass (about 500 ml for a 65 kg person) no more than 2 hours before exercising to promote adequate hydration and allow time for excretion of excess water.

During exercise it is recommended that

participants should drink fluid at regular intervals to replace water lost through sweating. Participants should aim to drink at least 3ml per kg of body mass (about 250ml for the average athlete of around 70 kilograms every 15 to 20 minutes). However this may vary dependent on the rate of sweating. Fluid taken should be cooler than the ambient (air) temperature.

3. Player Rest and Rotation

In conditions of high risk participants should be provided opportunities to rest through the use of player interchange or substitution. In moderate risk conditions players should be rested for at least 10% of the period they would normally participate. For example, if the activity normally runs for 60 minutes the rest period for the player should comprise at least 6 minutes during the period. In high-risk conditions players should be rested for at least 25% of the period they would normally participate.

This may involve shortening the whole game by the appropriate period of time.

The positive effects of rest breaks should also be maximised by employing the following strategies:

- Allowing players to rest in naturally shaded areas, or providing portable structures that create shade where and when required
- Providing fans, ice packs (for application to groin and armpits) or ice vests

Do you require Drink Bottles ?



Contact Bottles of Australia, the only drink bottles that are recommended by Sports Medicine Australia.

Phone: 1800 626 750

Web: www.boa.com.au

- Providing additional fluids to allow participants to spray or douse themselves.

4. Clothing

Light coloured, loose fitting clothes, of natural fibres or composite fabrics, with high wicking (absorption) properties, that provide for adequate ventilation are recommended as the most appropriate clothing in the heat. This clothing should further complement the existing practices in Australia that protect the skin against permanent damage from the sun.

5. Pre-cooling

Pre-cooling by cool water immersion or the wearing of ice vests may be of benefit to many athletes. However, the effects of a pre-cooling can be reduced by a warm up. Therefore, any pre-cooling strategy is better done in conjunction with a modified warm-up.

6. Acclimatisation

If games or activities are to be conducted after long periods of cooler conditions participants should be fully acclimatised prior to participation. This is particularly the case at the change of climatic seasons or for participants travelling from cool to hot climates for events such as sports carnivals. Physiological adaptations to exercising in the heat are rapid and can occur after 3-5 days in a hot environment. Full acclimatisation can take 10-14 days.

7. Other issues

Surface Type

A shaded /protected grass exercise surface does not retain as much heat as some other surfaces (eg solid black asphalt).

Prior Medical Conditions

It is important to know if any of the participating athletes have any medical condition or are taking medication that may predispose them to heat illness. Examples include asthma, diabetes, pregnancy, heart conditions and epilepsy. Some medications and conditions may need special allowances. Any player that is experiencing a high temperature, viral infection, diarrhoea, or vomiting should be excluded from participating due to the increased risk of heat illness.

Hats and Sunscreen

Hats and sunscreen should also be used to assist in the prevention of heat illness. Sunscreens should be water soluble. Hats should be well vented.

Sports Trainers and First Aid Personnel

It is important to have trained personnel available to manage heat injuries. In situations where heat problems may be expected an experienced medical practitioner should be present. Heat stroke is

potentially life threatening. Any indication of this condition should be immediately referred for medical assessment and every effort made to cool the athlete in the meantime.

Children and Heat

Children's bodies are different to adults and they are at greater risk of heat illness. At an ambient temperature greater than 34 degrees Celsius there is an extreme risk of thermal injury to all children and also adolescent participants.

SMA believes that events and activities involving children and adolescents that are conducted or scheduled for times likely to present conditions where the ambient air temperature is greater than or equal to 34 degrees Celsius should be postponed or cancelled. Drinking water should be provided whenever children are being active.

Stop the Spread of Germs

Bottles of Australia has a new and innovative bottle lid that reduces the risk of cross infection. The Sureshot bottle is easy to use – Don't place the nozzle directly into your mouth, you just aim and squirt. This new patented one way valve closure reduces the risk of transferring germs and bacteria from one user to the next.

Bottles of Australia premium bottles are a high quality long lasting bottle. They are extremely durable and have a squeeze memory that returns the bottle to shape so that you can squeeze for your next drink. All premium bottles are now embossed with a clear view measure strip.

For more information or to order the Sureshot bottle please call Bottles of Australia on 1800 626 750

SMA NSW Wins A Gold Medal

The NSW Branch of Sports Medicine Australia has won a gold medal at the NSW Sporting Injuries Safety Awards for its statewide development and implementation of the Safer Sport Program.

Since the Safer Sport Program was launched nationally by Sports Medicine Australia 20 years ago the NSW Branch has worked tirelessly to spread its message all over the state.

Four levels of the program are offered in NSW – A Sports Medicine Awareness Course, a Sports First Aid course, a Level One Sports Trainers Course and a Level Two Sports Trainers Course.

Over the past year the NSW Branch has conducted 148 courses in the Sydney metropolitan area and regional NSW with more than 1,700 participants being accredited through the program.

Congratulations to Prue Robertson (Executive Officer) and Narelle Lindsay (Education Officer). Their hard work has been rewarded.



Leuko Strap and Wrap Clinics

The Leuko Strap & Wrap Smart clinics will be held around Australia and include prevention techniques such as warming up, stretching and taping vulnerable parts of the body such as ankles, fingers and thumbs. Managing an injury in order to maximise rehabilitation will also be covered in the program.

The three-hour clinics will be led by Sports Medicine Australia doctors, physiotherapists, and other health professionals and are open to all members of the public. Anyone involved with sport at a community level, from parents, to teachers, coaches and players or with an interest in protecting themselves from injury should attend.

To provide further assistance to community sports participants, Leuko has produced a comprehensive booklet which aims to clearly illustrate the methods of taping and strapping. These booklets are available at your local pharmacy.

To register for a Leuko Strap & Wrap smart clinic, telephone the Sports Medicine Australia office in your region, or visit them on the web.

ACT: 02 2647 5115 - www.smartplay.com.au
NSW: 02 9660 4333 - www.smansw.com.au
VIC: 03 9654 7733 - www.sma.org.au/vic2003.asp
TAS: 03 9654 7733 - www.sma.org.au/tas2003.asp
SA: 08 8234 6369 - www.smasa.asn.au
WA: 08 9285 8033 - www.smawa.asn.au
QLD: 07 3870 4195 - www.smaqld.com.au
NT: 08 8981 5362 - Email smart@octa4.net.au



9th Australian Masters Games

Sports Medicine Australia has over 14,000 qualified Sports Trainers and Sports First Aiders in Australia who help to make sport safer each weekend by working at club level competitions to major national sporting events.

Recently over fifty Sports Trainers and Sports First Aiders from all over Australia provided sports safety coverage to one of Australia's largest sporting events – the 9th Australian Masters Games. Over 10,000 participants assembled in Canberra for ten days of competition.

Armed with over \$10,000 worth of first aid supplies the Sports Trainers provided immediate injury management to participants aged from 30 to 90 years of age, competing in over 50 sports.

They worked close to 2383 hours, bandaging broken bones, placing ice on soft tissue injuries,

immobilising and supporting injured limbs, dressing wounds, and referring serious injuries onto sports physicians or physiotherapists.

A total of 428 injury report forms were completed for the duration of the games.

However, providing first aid was not always the aim, as Sports Trainers also supplied participants with sun cream and tips on injury prevention.

2004 SMA NSW Sports Trainers Camp

The Sports Medicine Australia (SMA) NSW Sports Trainers Camp is being held from Sunday 18th to Thursday 22nd January, at Sports UNE, University of New England, Armidale.

SMANSW will offer the following Safer Sport Program courses at the camp; Level 1 Sports Trainer, Level 2 Sports Trainer, Combined Sports First Aid/ Level 1 Sports Trainer and Re-accréditation. The Safer Sport Program is the principal National community education program run by SMA. Its main goal is to increase the general community's awareness of the prevention, assessment, management and referral of sporting injuries.

The camp will be held in conjunction with a regional sports camp, giving participants the opportunity to practice their injury management and prevention skills on real life scenarios.

The camp is open to everybody interested in sport including; athletes, parents, coaches, sports trainers, nurses, club officials, teachers, facility supervisors, fitness and recreational leaders and health professionals.

On the successful completion of the course, the participant will receive a 3 year SMA National Accreditation, certificate, identification card, and a 3-year subscription to this publication, Sports Trainers Digest.

If you live in NSW you will find enclosed a SMA NSW Camp registration form, containing information on camp registration fees. If you would like to attend, or know someone who may like to attend, please complete the form and return to the SMA NSW office (contact details on form).

If you require any further information on the 2004 SMA NSW Sports Trainers Camp, please do not hesitate to contact the SMA NSW Branch on 02 9660 4333.

Join the 'team behind the teams' at SMA

Check the Benefits of Membership :

Insurance Cover for personal accident and professional indemnity. Subscription to Sport Health, discounts on SMA Clothing, publications and other merchandise, an invitation to SMA exclusive events, reduced cost for registration to all SMA Conferences, access to the exclusive SMA Sports Trainer Leuko Website (www.leukosports.com.au) and discounts on various products and services via our MemberBenefits Program.

The Sports Liability Cover includes :

- Public Liability (\$2 Million)
- Professional Indemnity (\$2 Million)
- Products Liability (\$2 Million)

The Personal Accident Cover includes:

- Capital Benefits
(Death and total disablement \$50 000)
- Loss of Income
(\$200 a week up to 52 weeks)
- Medical Benefits
(non Medicare costs up to \$1000)

Application for Sports Trainer Insurance and Membership of SMA



Please print clearly and return to:

Sports Medicine Australia

PO Box 237 DICKSON ACT 2602

Ph: (02) 6230 4650 Fax: (02) 6230 5908

Website: www.sma.org.au

Email: smanat@sma.org.au

Applicants Details

Surname Given Name

Title Mr Mrs Ms Other Date of Birth Gender M F

Address

Suburb/Town/City State Postcode

HomePhone Area Code () Number

Work Phone Area Code () Number

Current Accreditation No. Email

Membership and Insurance Fees

The Insurance Policy Premium and Membership are calculated on a 12 month period from July to July each year. If you are joining outside of July, you will only pay the pro rata amount required. Contact SMA for more information.

If Paying in :	Combined Membership Fee and Premium	If Paying in :	Combined Membership Fee and Premium
January	\$65.00	April	\$32.50
February	\$54.17	May	\$21.67
March	\$43.33	June	\$10.83

Note: All prices include GST

Payment Details

CHEQUE, made payable to Sports Medicine Australia

CREDIT CARD

- Mastercard
- Visa
- Bankcard

Card Number

Card Holder's Name

Card Holder's Signature

Expiry Date

Amount Authorised \$

Declaration

I hereby agree to abide by the Sports Medicine Australia, Sports Trainer Code of Ethics

Sports Trainer's Signature Date