**Hot Weather Policy**

1. **POLICY STATEMENT**

ShiroJudoKwai recognises that safe sporting environments minimise the possibility of injuries and illness to those participating in the sport of Judo. A safe sporting environment includes activity in suitable temperatures. Therefore, Judo training and events may have to be modified or cancelled during hot weather. It is expected that all participants, especially those organising an activity, act in a responsible manner.

1. **POLICY APPLICATION**

This Policy applies particularly to all judoka, First Aid personnel, referees and other officials, team managers and volunteers actively organising and/or participating in any training or competition situation.

1. **POSITION STATEMENTS**

Heat makes people more susceptible to fatigue and muscle cramps. Judo is a high intensity sport in which judoka are required to wear thick Judogi, both in training and competition, and this may exacerbate increases in body temperature in hot environments, and the effects are not uniform.

* 1. **HYDRATION**

High intensity exercise leads to fluid loss, and inadequate fluid replacement before, during and after exercise will lead to dehydration and may lead to heat exhaustion and /or heat stroke. Judo is a high intensity sport in which judoka are required to wear thick Judogi, both in training and competition, and this may lead to additional fluid loss. Therefore, ShiroJudoKwai recommends that athletes drink:

• at least 500mls of water (2-3 glasses) before activity;

• 200mls of water (1-2 glasses) every 10-15 minutes during activity; and

• at least 500mls of water (2-3 glasses) after activity.

The potential for levels of dehydration may vary from individual to individual. The hydration requirements for an individual athlete can be measured by weighing the athlete before and after training. Every kilogram of weight lost indicates a fluid deficit of 1 litre. Therefore it is recommended that after exercise, athletes drink 1.5 times their fluid deficit to promote full rehydration.

* 1. **AMBIENT TEMPERATURE**

Judo is an indoor sport. Temperatures in some venues can reach very high levels especially during summer months. Therefore, training, competition or other events may have to be modified or cancelled during hot weather

The fluid loss and elevation of body temperature associated with high intensity exercise are likely to be increased in high temperatures, leading to excessive dehydration, heat exhaustion and/or heat stroke. This problem is exacerbated where conditions are humid.

ShiroJudoKwai recommends that where the ambient temperature inside the venue is

* 30 – 35 deg Celsius – the training, competition or event should be modified
* 36 – 39 deg Celsius – the training, competition or event must be modified, or cancelled
* 40 deg Celsius and above – the training, competition or event must be delayed or suspended until the temperature inside the venue has dropped to 39 deg or less.

Modifications should include:

For training – shorter training sessions, more frequent drink breaks, longer rest periods, lower intensity training

For competition / events – increased breaks between bouts, appropriate lightweight clothing for all participants.

It should be noted that cancellation of training, competition or events or withdrawal from participation may be appropriate even in circumstances falling outside these recommendations

* 1. **ADDED RISK FACTORS**

Heat exhaustion/heat stroke can still occur even in the presence of good hydration.

The potential problems associated with high intensity exercise combined with high temperatures and humidity can be increased by a number of factors included but not limited to:

* Age – especially young children and veterans
* Fitness levels – less fit individuals
* Gender – women are more susceptible to heat retention than men
* Medical conditions – asthma, diabetes, epilepsy, colds and flu
* Medications – diuretics etc
* Visiting judokas – not acclimatised to hot conditions

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Joseph Castillo

Director