



# Mornington Peninsula and Frankston City Table Tennis Association Inc (MFTTA)

## HEAT STRESS POLICY

**Version:** Version 8, 25 August 2020

**Drafted By:** Initial draft 2-13; Edited by Sally Culley 31 July 2019; subsequently edited by David Griersmith (Secretary MPTTA) 25 May 2020; format standardisation 14 August 2020; Board edits 18 August 2020; redrafted by David Griersmith using TTV guidelines and VicSport template 22 August 2020; Board edits 25 Aug 2020; name change to MFTTA

**Approved and endorsed by:** Initially approved in short form by MPTTA Board of Directors at its meeting on 18 August 2020; final endorsement of redrafted version on 25 August 2020

### Acknowledgement

This MFTTA policy is adapted from the VicSport “Hot Weather Guidelines” template for sporting clubs available at <https://vicsport.com.au/hot-weather-resources> and the VicSport Fact Sheet Posters on exertional heat stress available via the same link. This policy is therefore consistent with the Table Tennis Victoria policy and guidelines on heat stress which are also derived from the VicSport source data (see <https://www.tabletennisvic.org.au/epictt/hot/>).

### Heat Stress and Exertional Heat Illness

Heat stress can affect players when they are exposed to conditions of high temperature and humidity, and low air circulation and the consequences of heat stress illness can be quite severe, especially for junior and veteran players. This policy and the procedures set out below are designed to avoid heat stress during competition and training and protect vulnerable people from the effects of heat stress. The exact temperature at which the policy should come into play may vary from venue to venue and may need to take into account airflows through the stadium and local meteorological conditions including humidity.

Exertional heat stress is a term applying to medical conditions caused by exposure to heat during physical activity (i.e. heat stress). The table below refers.

| Illness<br>(ascending order of severity) | Symptoms                |                 |
|--|-------------------------|-----------------|
| Muscle cramps                            | • Abdominal, arm or leg | • Muscle spasms |

|                        |   |  |
|------------------------|---|--|
|                        | muscle pains  |  |
| <b>Heat Syncope</b>    | <ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Fainting</li> </ul>   | <ul style="list-style-type: none"> <li>• Headache</li> <li>• Vomiting</li> </ul>   |
| <b>Heat Exhaustion</b> | <ul style="list-style-type: none"> <li>• Profuse sweating</li> <li>• Weakness</li> <li>• Nausea/vomiting</li> <li>• Headache</li> </ul> | <ul style="list-style-type: none"> <li>• Dizziness</li> <li>• Muscle cramps</li> <li>• Rapid weak pulse</li> <li>• Extreme thirst</li> </ul> |
| <b>Heat Stroke</b>     | <ul style="list-style-type: none"> <li>• Rapid pulse</li> <li>• Confusion</li> <li>• Red, hot and dry skin (no sweating)</li> </ul>     | <ul style="list-style-type: none"> <li>• Irrational behaviour</li> <li>• Seizures</li> <li>• Unconsciousness</li> </ul>                      |

Note that **Heat Stroke** is a medical emergency. Immediate first aid must be administered after calling triple zero (000) for an ambulance.

### First Aid Treatment of Exertional Heat Illness

Members and staff of MFTTA on duty who are medically trained and/or trained in First Aid and CPR must follow the following procedures.

|                            |  |
|----------------------------|--|
| <b>Cramps and fainting</b> | <ul style="list-style-type: none"> <li>• Stop sport or activity</li> <li>• Rest in a cool environment</li> <li>• Hydrate</li> <li>• Seek medical help if there is no improvement</li> </ul>  |
| <b>Heat exhaustion</b>     | <ul style="list-style-type: none"> <li>• Stop sport or activity</li> <li>• Lay person down in a cool environment</li> <li>• Cool body (remove outer clothing or wet clothes, mist skin with cool water, fan/air conditioner)</li> <li>• Hydrate</li> <li>• Seek medical advice (if needed call triple zero 000)</li> <li>• Prepare to give CPR if necessary</li> <li>• NOTE: This is a serious condition that can develop into heat stroke which is a medical emergency</li> </ul> |
| <b>Heat Stroke</b>         | <p><u>CALL TRIPLE ZERO (000) FOR AN AMBULANCE</u></p> <ul style="list-style-type: none"> <li>• Lay person down in a cool environment</li> <li>• Do not give the person fluids to drink</li> <li>• Cool body (remove outer clothing or wet clothes, mist skin with cool water, fan/air conditioner)</li> <li>• Place ice packs (wrapped in towel) under armpits and groin</li> </ul>  |

|  |   |
|--|---|
|  | <ul style="list-style-type: none"> <li>• Stop cooling if person starts shivering</li> <li>• If unconscious place person on their side and clear their airway</li> <li>• Prepare to give CPR if necessary</li> </ul> |
|--|---|

### Individual Preparation for table tennis in hot weather

All players should note that participation in table tennis in hot weather can pose a potential risk to health. Even though the stadium is to a degree temperature regulated it can still get very hot particularly during heat waves (since air conditioning is not used which would interfere with play). Before and during extreme weather events such as heat waves or extremely hot days, players, duty officers and other staff must consider the following:

|                  |  |
|------------------|--|
| <b>Hydrate</b>   | <ul style="list-style-type: none"> <li>• Hydrate with water before, during and after table tennis to compensate for fluid loss from the body due to sweating;</li> <li>• Drink water in small amounts at regular intervals;</li> <li>• Avoid excessive consumption of certain fluids which can get rid of water from the body and lead to dehydration, such as alcohol, coffee and high sugar drinks.</li> </ul> |
| <b>Stay cool</b> | <ul style="list-style-type: none"> <li>• Avoid standing or sitting in hot environments for prolonged periods before being active</li> <li>• If it gets too hot, cool down in an air-conditioned area if available</li> <li>• Where possible wear lightweight clothing (cotton is best)</li> <li>• Use a sponge or damp hand towel to cool yourself</li> </ul>  |
| <b>Speak up</b>  | <ul style="list-style-type: none"> <li>• If you begin to feel unwell, stop activity, notify immediately the duty officer or staff member, coach or parent as appropriate</li> </ul>  |

### Procedures and guidelines for all people in the MFTTA stadium during hot weather

#### Plan

Association officials (e.g. duty officer or coach) will check the weather forecast from the Bureau of meteorology ([www.bom.gov.au](http://www.bom.gov.au))

#### Prepare

All players, volunteers, staff, visitors and spectators should stay hydrated before and during the hot weather

### Moderate to severe hot weather during tournaments (25C to 35C)

When the temperature in the stadium ranges from 25C to 35C the Association might:

- Increase the number and length of drink breaks during training/coaching, and encourage players during competition matches to towel down every 6 points;
- Re-schedule certain events or training/coaching activities;
- Encourage all people in the stadium especially players to drink more water (e.g. via PA announcement);
- Ensure the water cooler is full and the canteen is well stocked

### Extreme hot weather during tournaments (35C and above)

When the stadium court temperature within the competition venue reaches 35°C (and taking note of humidity as well) the tournament director or competition co-ordinator should consider implementing the following specific strategies:

- a) In Pennant competition or tournaments, at the discretion of the tournament director, consideration should be given to cancelling the event
- b) In Pennant competition or tournaments, where matches are best of 7 games, these should be reduced to best of 5 games, and best of 5 reduced to best of 3 games etc. at the discretion of the tournament director.
- c) If play continues during an event, all players should be encouraged to take advantage of the rule allowing a towel down break after each 6 points of each game, and be encouraged to take a break as allowed between each game.
- d) The tournament director will exercise due care in allocating matches during an event where temperatures are high and allow sufficient recovery time for players between matches. Players must be given the benefit of the doubt when high temperatures occur during an event.
- e) Players will be required to have fluid containers with them at all times during the conduct of an event.

### Extreme hot weather during training and coaching sessions (35C and above)

For training and coaching sessions, when the stadium court temperature within the stadium reaches 35°C (and taking note of humidity as well) the following strategies are suggested:

- a) In training and coaching sessions, at the discretion of the coach, consideration should be given to cancelling the activity.
- b) The coach or supervisor of the training session should consider breaks in the training/coaching sessions each 20 minutes. Breaks should be at least 5 minutes and the players encouraged to drink during that time. If it is considered that the conditions within the stadium do not require compulsory breaks, then the intensity of the session should be reduced considerably to allow for more recovery time between activities. It is the responsibility of the coach and/or session co-ordinator to be aware of the physical condition of their players and to adjust the training sessions to take account of the reactions of individual players to situations of high or extreme temperatures.

- c) Should a session continue, breaks of at least 5 minutes should be taken each 15 minutes and athletes encouraged to drink. The session should be reduced in overall length and the intensity of the session significantly reduced, so that the work load undertaken is approximately 60% of that which would be undertaken in a normal session. It is the responsibility of the coach and/or session co-ordinator to be aware of the physical condition of their athletes and to adjust the training session to take account of the reactions of individual players to situations of high or extreme temperatures.

If any form of play continues during extreme heat in the stadium, the health of all participants and people in the stadium will be closely monitored and people with First Aid/CPR qualifications will be on site at all times.