

## HEAT POLICY

### INTRODUCTION

The Port Augusta Golf Club Inc. (PAGC) Heat Policy has been introduced to reduce the risk of heat related illness & injury to players, caddies & officials involved.

This policy applies to all events sanctioned by PAGC'S Men's, Ladies and Junior Match Committee's and competitions conducted on Tuesday & Thursday afternoons.

The Policy also contains a number of guidelines to assist players, caddies & officials in recognizing and managing heat stress at such events.

#### 1. Cancellation of Play Policy

**Programmed by Men's Match Committee (incl. Tuesday & Thursday Golf)**

**Club Members not playing competition golf and Green Fee Players.**

##### **Prior to Day of Competition**

Should the forecast temperature at 6.00pm (Channel 7 News) on the day prior to a competition be 38 degrees or higher the PAGC's Heat Policy will be implemented.

##### **Day of Competition**

When the PAGC's Heat Policy is implemented ALL afternoon competitions will be cancelled.

The afternoon competition for that day will be transferred to a morning event with latest "hit off" to be 9.30am.

The course will be closed to ALL players from 1.30pm.

##### **Cancellation of Play Policy**

**Programmed by Ladies Match Committee**

##### **Prior to Day of Competition**

Should the forecast temperature at 6.00pm (Channel 7 News) on the day prior to a competition be 32 degrees or higher the PAGC's Heat Policy will be implemented.

##### **Day of Competition**

This competition will be reprogrammed to a Shot Gun Start at 8.00am

##### **Cancellation of Play Policy**

**Programmed by Junior Match Committee**

##### **Prior to Day of Competition**

Should the forecast temperature at 6.00pm (on Channel 7 News) on the day prior to a competition be 36 Degrees or higher the PAGC's Heat Policy will be implemented.

##### **Day of Competition**

When the PAGC's Heat Policy is implemented all events programmed will be cancelled irrespective of "Hit Off" times.

Junior Match Committee will advise if event is to be re programmed.

## **2. Heat Stress/ Illness Prevention Recommendations**

### **2.1 Hydration - Players, Officials and Volunteers**

A key factor to minimize the risk of heat related illness is appropriate hydration by all players, caddies and officials.

High levels of dehydration may increase the risk of heat related illness. Thirst alone should not be relied upon as an indicator of fluid needs. Fluid requirements for optimal hydration differ between individuals; therefore it is essential that players monitor specific fluid losses during training and competition. It is recommended that all players, caddies and officials adhere to the following hydration guidelines:-

- Each person should drink 10 to 15 ml per kg body weight of either cooled water or sports drink within 2 hours before playing or practicing to promote adequate hydration and to allow time for excretion of excess water. This should include a large drink of 300 – 500mls consumed within 15 minutes of playing or practicing.  
*Note: It should be noted that fluids are best served at 15 – 20 degrees Celsius and not ice cold.*
- During a round of golf, each person should drink cooled fluid at regular intervals to replace fluid lost through sweating. It is recommended that each person consume at least 150 – 250ml every 15 minutes during the round. Fluids taken should be cooler than ambient (air) temperature.  
*Note: This amount may vary according to an individual's body size & rate of sweating, in addition to environmental conditions.*
- Aside from on- course water supplies, each individual should take a water bottle containing a minimum of 1000ml of cooled fluids onto the course
- Following completion of the round, each person should drink cooled water/ sports drinks to fully re- hydrate themselves.
- Fluid loss during a round can be assessed by an individual weighing themselves before and after a round of golf. For each kilogram lost during the round, the individual will have approximately one litre of fluid deficit. While fluid losses will be minimized by drinking before, regularly during and then after exercise, sweating and fluid losses will continue after exercise. Accordingly, following a round of golf, each person should aim to replace at least 1.5 times the amount of fluid deficit.
- It should be noted that in conditions of high sweat loss, the consumption of excessively large quantities of fluid, in particular water or other beverages without additional sodium, may increase the risk of low blood sodium, or hyponatraemia. Hyponatraemia is a potentially dangerous condition, so aim to drink enough fluids to replace losses, but not in great excesses of this amount.
- If you are unsure as to your fluid requirements during a round, consult a Sports Dietitian to help you.

### **2.2 Clothing**

Within the dress requirement guidelines of the respective host venue, it is recommended that all players, caddies and officials wear light coloured, loose fitting clothes of nature fibres or composite fabrics with high wicking (absorption) properties that provide for adequate ventilation. This clothing should further complement the existing practices in Australia that protect the skin against permanent damage from the sun.

### **2.3 Hats and Sunscreen**

It is recommended all players, caddies and officials wear hats to assist in the prevention of heat illness. Ideally, hats should be wide brimmed and well vented.

Sunscreen with a minimum SPF (Sun Protection Factor) rating of 30+ should be used by all players, caddies and officials. In addition, it is recommended that all players, caddies and officials carry 30+ sunscreen with them during a round for periodic re- application a minimum of every two hours.

It should be noted that sunscreen does not offer complete protection against the sun and should always be used in conjunction with other protective measures.

#### **2.4 Resting in Shaded Areas**

Wherever possible, during a round of golf in hot weather conditions, all players, caddies and officials should rest in naturally shaded areas when not actively playing strokes.

In addition, players, caddies and officials are encouraged to utilize other artificial means of shade such as umbrellas and on- course structures during a round of golf in hot conditions.

#### **3. Prior Medical Conditions/ Fitness Levels**

Any player, caddie or official with a pre- existing medical condition, illness or is overweight that may exacerbate the risk of heat illness should take every precaution or consider excluding themselves from participation during hot weather conditions.

Examples of medical conditions include asthma, diabetes, heart conditions or epilepsy.

Any player, caddie or official that is experiencing a high temperature, viral infection, diarrhea or vomiting should be excluded from participating due to the increased risk of heat illness.

The PGGC assumes no responsibility for any medical situation in relation to a competitor who experiences the applicable above conditions. It is recommended that competitors with a pre- existing medical condition and/or illness consult a medical practitioner for advice prior to playing golf in hot conditions.

**PORT AUGUSTA GOLF CLUB MANAGEMENT COMMITTEE.**