

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

The responsibility for assessing and managing the risks to athletes, officials and volunteers associated with competition (and training) in conditions of high temperatures and or other adverse conditions rests with the athletes themselves, their schools, clubs, coaches and parents for those who may be under the age of 18.

Furthermore compliance with these heat management guidelines specified in this Plan also rests with the athletes themselves, their schools, clubs, coaches and parents for those who may be under the age of 18.

The guidelines in this Policy must be considered guidelines only. Each competitor (or, where the competitor is under the age of 18, the competitor's parent, coach, club or school) are responsible for deciding whether or not it is safe to compete and for determining what measures outside the scope of this plan may be necessary to minimize the risk of heat stress for that particular competitor.

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 where possible, rowing competition at SIRC in conditions where, because of high temperature levels, competing athletes, officials and regatta volunteers 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 and other factors on the day warrant such measures.

Where reasonably possible, 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. Suspension cancellation or rescheduling will apply only in extreme circumstances.

RNSW expects that all athletes, coaches, schools and clubs will comply with the Heat Management Plan and will also 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 the athlete's parents, 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.

Heat Alerts are triggered at the following temperatures:

Apparent Temperature (AT)

Heat Alert Level Temp

Level I	at 32°C (ambient temperature) or greater
Level II	AT 35°C or greater
Level III	AT 38°C or greater
Level IV	AT 43°C or greater or if the ambient temperature exceeds 42°C

Apparent Temperature (AT) is the temperature equivalent perceived by humans, caused by the combined effects of air temperature, relative humidity and wind speed.

HEAT MANAGEMENT MEASURES FOR COMPETITORS

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

If Level I, Level II, Level III or Level IV Heat Alerts are declared, the Heat Management Measures will apply as follows;

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 Heat Management Measures set out above. The decision by regatta officials to allow these rowers and crews to continue racing will be based on the assumption that the guidelines are followed.

(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 Heat Management Measures applicable to crews and rowers under a Level I Heat Alert will be deemed mandatory and must be observed by all competitors regardless of age or grade. Crews that fail to implement the Heat Management Measures may be disqualified from further competition on that day by the umpire referee.

(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 Grade and D Grade and all Masters events.

Level III Heat Alert

If a Level III Heat Alert is implemented, RNSW or its regatta managers will

- (a) Suspend or cancel Year 8 and 9 school events, all U16, C and D Grade and Masters events at the conclusion of the event then in progress, and may reschedule or suspend other events.
- (b) No competitor aged U16 may compete in any event regardless of category.
- (c) Competitors in these categories that are on the warm up lake or course proper and are not participating in a race which is actually underway must immediately return to the boating area and get off the water.
- (d) Rowers may only compete in three races while a Level III Heat Alert is in force and there should be a minimum of two hours between start times each race.
- (e) Heat Management Measures applicable to Level I and Level II Heat Alerts become mandatory for all other competitors.

Level IV Heat Alert

If a Level IV Heat Alert is implemented and until it is downgraded or withdrawn, RNSW or its regatta managers will;

- (f) Suspend or cancel further competition at the conclusion of the race then in progress.
- (g) Require all crews on the warm up lake or course proper that are not participating in a race which is actually underway to return to the boating area and get off the water.
- (h) Close the warm up lake and competition lake for all crews.
- (i) Withdraw all boat race officials and regatta volunteers from the competition area.

HEAT MANAGEMENT MEASURES FOR OFFICIALS AND REGATTA OPERATIONS PERSONS

Heat management measures apply to officials and regatta operations persons on a level III or higher alert has been declared.

- (1) Sunscreen, hats, shelter from direct sun.
- (2) Hydration including electrolytes every 15 minutes.
- (3) One reserve for every two BRO so three persons do the job of two. Rotation of BRO's 40 minutes per hour on, 20 minutes per hour off.
- (4) Boat holders to be rotated on a regular basis. Shelter provided near 2000 meter start – 1000 meter races will have been cancelled.
- (5) One responsible person assigned to constantly check the welfare of boat holders. May withdraw any boat holder who is displaying signs of distress.

RESPONSIBILITY FOR COMPLIANCE

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

The responsibility for assessing and managing the risks to athletes, officials and volunteers associated with competition (and training) in conditions of high temperatures and or other adverse conditions rests with the athletes themselves, their schools, clubs, coaches and parents for those who may be under the age of 18.

Furthermore, the guidelines must be seen as guidelines only. Each competitor (or, where the competitor is under the age of 18, 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.