



Photo: Ajantha Abey Quidditch Photography



**QUIDDITCH
AUSTRALIA**

Quidditch Australia Extreme Heat Policy



Quidditch Australia's Extreme Heat Policy

Quidditch Australia has adopted the Sports Medicine Australia Extreme Heat Policy to follow alongside sports of a similar nature. Therefore, on review of the Sports Risk Classification, Quidditch falls under Category 4 (other sports in this category are Rugby, Cricket, Bushwalking, and Baseball).

USING THE EXTREME HEAT POLICY

To predict the heat risk associated with participation, the temperature and humidity for the location where competition or practice takes place must be acquired. It is essential that the peak temperature during the time of play is used with the accompanying relative humidity at that specific time. If the peak relative humidity is used for a particular day, which usually occurs when temperature is lowest, heat stress risk will be over-estimated and competition unnecessarily disrupted or cancelled.

To obtain a forecast of temperature and humidity for the upcoming 72 hours:

1. Visit: <http://www.bom.gov.au/places/> and enter your location/post code.
2. Click on: "DETAILED 3-HOURLY FORECAST"
3. Select the specific day/date of enquiry
4. Identify the column with the nearest time to the planned competition/practice
5. Note the "Air Temperature (°C)" value
6. AND IN THE SAME COLUMN, note the concurrent "Relative Humidity (%)" value found towards the bottom of the entry for that date

NOTE: Reported temperatures and humidity values will only be estimates. The most accurate conditions can be measured locally with devices.

The combined Air Temperature (x-axis) and Relative Humidity (y-axis) should then be plotted on the appropriate figure for your specific sport. The point of intersection of these two values will subsequently fall in one of 4 coloured zones indicating a given level of heat stress risk:



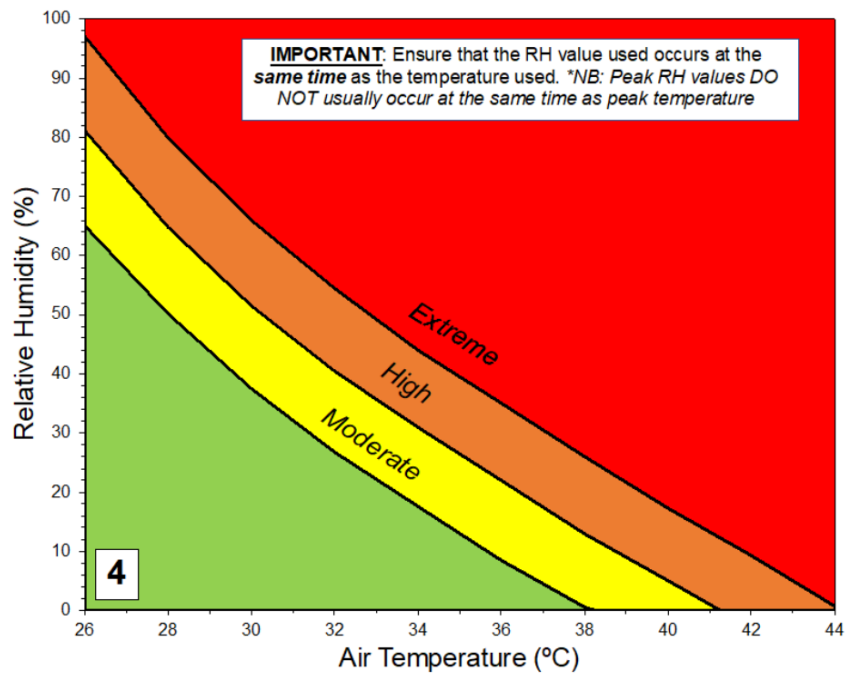
GREEN: Low Risk

YELLOW: Moderate Risk

ORANGE: High Risk

RED: Extreme Risk

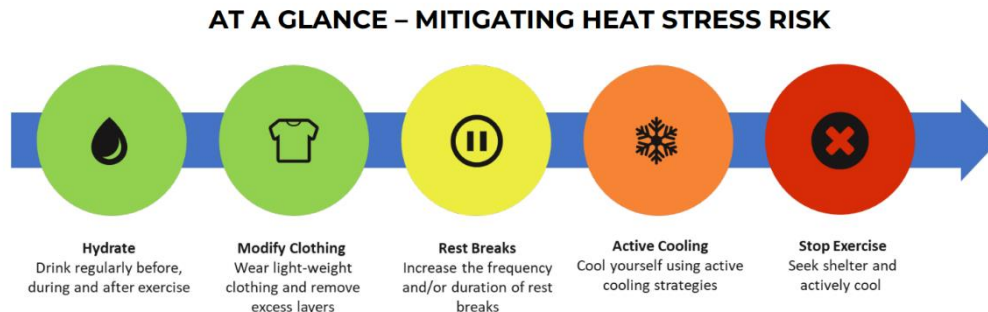
Sport Risk Classification 4





Mitigation strategies

Each classification has a heat stress risk, which results in different mitigation strategies. The basics of the policy can be seen below



Green: Hydrate and Modify Clothing

When **heat stress risk is low**, maintaining hydration through regular fluid consumption and modifying clothing is still a simple yet effective way of keeping cool and preserving health and performance during the summer months.

You should:

- Ensure pre-exercise hydration by consuming 6 ml of water per kilogram of body weight every 2-3 hours before exercise.
- Drink regularly throughout the exercise. Aim to drink enough to offset sweat losses, but it is vital to avoid over-drinking because this can also have adverse health effects. To familiarise yourself with how much you typically sweat, become accustomed to weighing yourself before and after practise or competition.
-

The clothing/equipment you wear can influence how quickly you heat-up during exercise. However, simple clothing modifications can help to keep you cool.

You should:

- Where possible, select light-weight and breathable clothing with extra ventilation
- Remove unnecessary clothing/equipment and/or excess clothing layers
- Reduce the amount of skin that is covered by clothing – this will help increase your sweat evaporation, which will help you dissipate heat.

NOTE: Sunscreen does NOT impede sweating or affect heat loss from the skin. Sunscreen should be applied regularly, as per instructions, to avoid sunburn.

Yellow: Rest Breaks



When the **heat stress risk is moderate**, increasing the frequency and/or duration of your rest breaks during exercise or sporting activities is an effective way of reducing your risk for heat illness even if minimal resources are available.

During gameplay at Yellow heat conditions, games will undergo mandatory rest breaks.

- The head referee is required to blow a stoppage of play as soon as is practicable after 15 minutes have elapsed, at a time where none of the game balls are being actively contested.
- Players are to leave their brooms and balls in place where they were at the moment the whistle is blown, functionally similar to a standard timeout.
- The stoppage is to last for 5 minutes. All players and referees are to seek shade and access water.
- The starting procedure after the allotted time elapses will match that of a timeout, play shall restart with all players in position where they stopped and balls will start where they were before the stoppage, including any loose on the ground.
- The procedure shall be repeated if the match subsequently reaches 30 minutes duration and again at 15-minute intervals henceforth.

Orange: Active Cooling

When the **heat stress risk is high**, active cooling strategies should be applied during scheduled and additional rest breaks, or before and during activity if play is continuous.

During gameplay at Orange heat conditions, games will undergo mandatory rest breaks.

- The head referee is required to blow a stoppage of play as soon as is practicable after 10 minutes have elapsed, at a time where none of the game balls are being actively contested.
- Players are to leave their brooms and balls in place where they were at the moment the whistle is blown, functionally similar to a standard timeout.
- The stoppage is to last for 10 minutes. All players and referees are to seek shade and undertake active cooling strategies
- The starting procedure after the allotted time elapses will match that of a timeout, play shall restart with all players in position where they stopped and balls will start where they were before the stoppage, including any loose on the ground.
- The procedure shall be repeated at 10-minute intervals henceforth.

Active cooling strategies include:

- Drinking cold fluids and/or ice slushies before exercise commences. Note that cold water and ice slushy ingestion during exercise is less effective for cooling
- Submerging your arms/feet in cold water



QUIDDITCH AUSTRALIA

Incorporated

Quidditch Australia Extreme Heat Policy |

- Water dousing – wetting your skin with cool water using a sponge or a spray bottle helps increase evaporation, which is the most effective cooling mechanism in the heat
- Ice packs/towels – placing an ice pack or damp towel filled with crushed ice around your neck
- Electric (misting) fans – outdoor fans can help keep your body cool, especially when combined with a water misting system

NOTE: The application of substances such as menthol to the skin can induce a cool sensation, but they do not physically cool the body and therefore do not lower the risk of heat related illness.

Red: Stop Exercising

When the **heat stress risk is extreme**, exercise/play should will be suspended. If play has commenced, then all activities should be stopped as soon as possible.

- All players should seek shade or cool refuge in an air-conditioned space if available
- Active cooling strategies should be applied



First Aid

Heat related illness is the result of the player not being acclimatised to the heat and/or humidity.

Dehydration	
Signs and Symptoms: <ul style="list-style-type: none"> • Dizziness • Fatigue • Thirst • Loss of appetite • Loss of sweating 	Treatment: <ul style="list-style-type: none"> • Sit or lay person down in cool environment • Hydrate – no more than 200mL every 15 minutes • Monitor for heat exhaustion or heat stroke • If symptoms do not improve, call 000
Heat Exahustion	
Signs and Symptoms: <ul style="list-style-type: none"> • Heavy sweating • Pale skin • Rapid and weak pulse • Rapid and shallow breathing • Fatigue • Dizziness • Headache • Nausea or vomiting • Fainting 	Treatment: <ul style="list-style-type: none"> • Lay person down in cool environment • Hydrate – no more than 200mL every 15 minutes • Remove external clothing • Cool the body down with water and fanning • Monitor for heat stroke • If symptoms do not improve, call 000
Heat Stroke	
Signs and Symptoms: <ul style="list-style-type: none"> • Sudden body temperature rise • Hot and dry skin • No sweat • Rapid and weak pulse • Rapid and shllow breathing • Intense thirst • Dizziness • Headache • Nausea or vomiting • Confusion, poor coordination or slurred speech (appears drunk) • Aggressive or bizarre behavious • Loss of consciousness • Seizures 	Treatment: <ul style="list-style-type: none"> • Call 000 • Lay person down in cool environment • Do NOT give the person anything to drink • Remove external clothing • Cool the body down with water and fanning • Place ice packs under armpits, groin, palms, and soles of feet • If unconcious, place in recovery position



References:

- Sports Medicine Australia Extreme Heat Policy <https://sma.org.au/sma-site-content/uploads/2021/02/SMA-Extreme-Heat-Policy-2021-Final.pdf>
- VIC Sport Hot Weather Resources <https://vicsport.com.au/hot-weather-resources> .
- Australian Resuscitation Council ANZCOR Guideline 9.3.4 – Heat Induced Illness (Hyperthermia) <https://resus.org.au/guidelines/>