



Whitehorse Chevaliers Inc Heat Policy

Rationale

The Whitehorse Chevaliers recognises that physical exertion during hot conditions needs to be managed for the health and wellbeing of our members.

Facilities

Whitehorse Chevaliers will comply with any heat policy in place at the facilities they hire.

Where possible the local indoor conditions will be considered, but as none of our venues provide air conditioning the peak outdoor temperature is used as the measurable forecast metric.

Risk Management

Coaches are required to plan sessions for the weather conditions and adjust as needed to conditions within the venue.

This may include:

- Reduced Intensity of training.
- Modifying the type of training.
- Modifying the equipment used.
- Reduced training time.

Coaches and officials must also encourage participants to maintain adequate hydration.

Safety requirements for bladework remain in place at all times, including full body covering. Exercises that do not involve the use of fencing weapons can be conducted in cooler clothing.

Fencing sessions will be cancelled when the local daytime temperature peaks above 37, due to the likelihood of indoor temperatures remaining high.

Sports Medicine Australia recommend cancelation when the ambient temperature is 36C or above.

Sessions held in the Yarra Ranges will also be cancelled on days of extreme fire danger.

Whitehorse Chevaliers Representatives

All Whitehorse Chevaliers staff and officials will follow first aid guidelines for heat related symptoms including:

- Fatigue
- Confusion

- Nausea
- Light-headedness
- Headache

Emergency Plan:

1. Lie the victim down.
2. Loosen and remove excessive clothing & cool by fanning.
3. Give victim a cool water to drink if conscious.
4. Apply wrapped ice packs to groin and armpits.
5. Seek medical assistance

Non-compliance:

All Whitehorse Chevaliers Officials will police the Heat Policy at training sessions.

Non-compliance with the policy will be handled according to the following process:

1. Explanation of the Whitehorse Chevaliers' policy on heat to the person, including risk mitigation.
2. In the case of continued non-compliance with the policy, Whitehorse Chevaliers will ask the person cease their involvement in training, and if necessary leave the premises.

Review:

The Whitehorse Chevaliers' Heat Policy will be reviewed on an annual basis.