

10. ACC Sport & Student Safety

1. Protective Equipment

Member Colleges must encourage students to at all times minimise risks involved in sporting competition through the use of appropriate protective equipment.

2. Hail and Electrical Storms.

Where student safety is compromised with severe hail or electrical storms, coaches of opposing teams shall, in consultation with each other and the referee/umpire (if applicable), immediately stop play and follow the guidelines for protection against lightning strikes detailed later in this section.

In the case of electrical storms play should only recommence if students' safety can be assured ie. 30 minutes after the last sound of thunder. Should weather conditions fail to improve the game shall be abandoned. For abandoned games where the result is not already known opposing teams shall share available points.

3. Excessive Heat Rules

3.1 Predicted Heat Conditions of 36 degrees Celsius plus for fixtured sports. (24/11/08)

If the maximum temperature is predicted by the Bureau of Meteorology to be 36 degrees Celsius or above for the current day of fixtured competition, then the ACC Executive Officer shall notify Directors of Sport by no later than 10:30 am that fixtures are cancelled for that day. Directors of Sport are to confirm receipt of cancellation notice to ACC Executive Officer by phone, fax or email by no later than 11.00 am on the day to ensure effective communication.(29/5/15)

3.2 Heat Policy for Athletics Carnivals (24/11/08)

If the maximum temperatures are predicted by the Bureau of Meteorology to be 36 degree Celsius or above for the scheduled day/s of the Athletics Carnival, then the ACC Executive Officer shall notify Directors of Sport no later than 48 hours prior to the start time that the event is to be postponed. Directors of Sport are to confirm receipt of the cancellation notice to ACC Executive Officer by phone, fax or email to ensure effective communication. A back up date will be listed in the ACC Calendar, with the carnival to be automatically rescheduled to that date if postponed.

If the maximum temperature is predicted by the Bureau of Meteorology to be in the range of 31 - 35 degrees Celcius, then a modified program will be implemented for the event. This will include the restructure of the event program to reduce the likelihood of heat illness for participants, officials and spectators. The ACC Executive Officer shall notify Directors of Sport no later than 24 hours prior to the start time that the event is to be modified.

3.3 If prior to or during competition, excessive heat temperatures arise, opposing coaches are encouraged to shorten fixtures in the following ways:

Tennis – reduce sets from 8 games to 6 games

Cricket – reduce overs anywhere between 35 to 20 overs per side

Volleyball – reduce match from best of five sets to best of three sets

Ideally the agreed shortening of games should be negotiated prior to the commencement of play.

3.4 In such conditions where excessive heat conditions arise, coaches must ensure there are frequent opportunities for rest and rotation of players where applicable, drinks and shade during breaks and that students have adequate sun-screen, and are wearing appropriate headwear and clothing. *For more information on reducing heat stress please read the guidelines detailed in this section.*

3.5 It is recommended that student clothing for summer sport be light coloured, loose fitting clothes of natural fibres or composite fabrics with high wicking (absorption) properties.

3.6 In extreme conditions where students are at obvious risks coaches must abandon play. For abandoned games where the result is not already known, opposing teams shall share available points.

4 Home team responsibilities. The home school must ensure the following actions are taken:

4.1 A person with current first aid qualifications is available to provide service and support at venues.

4.2 The availability of sufficient water, ice, adequate shade and ventilation is available for both teams.

4.3 The provision of a safe playing environment. (11/10/04).

4.4 A sample match day guideline template is included on the following page.

5. First Aid for multi-school involvement. On days of multiple school involvement, rally days and carnivals, the provision of first aid will be arranged by the ACC.



HOME VENUE MATCH DAY CHECKLIST

HOME SCHOOL: _____ VISITING SCHOOL: _____

DATE: ___ / ___ / ___ YEAR LEVEL: _____ VENUE: _____

The checklist below covers all aspects of student safety and minimum venue requirements for ACC sporting fixtures. It is the responsibility of the HOME team to ensure that these minimum standards are met for each ACC match.

AMMENITIES

- | | |
|---------------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Toilets open | <input type="checkbox"/> Running water available |
| <input type="checkbox"/> Change rooms available | <input type="checkbox"/> Rooms free of debris and rubbish |
| <input type="checkbox"/> Rooms able to be secured during play | <input type="checkbox"/> Scoreboard |

FIELD OF PLAY

- | | |
|--------------------------------------------------------------------|----------------------------------------------------------------|
| <input type="checkbox"/> Marked correctly | <input type="checkbox"/> Free of debris, rubbish and obstacles |
| <input type="checkbox"/> No surface hazards (sprinkler heads, etc) | <input type="checkbox"/> Perimeter fencing safe – signage, etc |
| <input type="checkbox"/> Weather conditions safe for play | <input type="checkbox"/> Goal post padding in place |

SAFETY EQUIPMENT

- | | |
|-------------------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> First aid kit (* see content list) | <input type="checkbox"/> Stretcher |
| <input type="checkbox"/> Neck brace | <input type="checkbox"/> Ice / heat pack |

SUPERVISION

- | | |
|-------------------------------------------------------------|----------------------------------------------------------------|
| <input type="checkbox"/> Adequate supervision of spectators | <input type="checkbox"/> Staffing levels adequate for activity |
| <input type="checkbox"/> Mobile phone | <input type="checkbox"/> Medical & contact information |

NAME: _____ SIGNED: _____

A first aid kit needs to include:

- basic first aid notes
- disposable gloves
- resuscitation mask
- individually wrapped sterile adhesive dressings
- sterile eye pads (packet)
- sterile coverings for serious wounds
- triangular bandages
- safety pins
- small sterile unmedicated wound dressings
- medium sterile unmedicated wound dressings
- large sterile unmedicated wound dressings
- non-allergenic tape
- rubber thread or crepe bandage
- scissors
- tweezers
- suitable book for recording details of first aid provided
- sterile saline solution
- plastic bags for disposal.

RECOMMENDED GUIDELINES FOR PROTECTION AGAINST LIGHTNING STRIKES

This information is a summarised version of pamphlet produced jointly by Emergency Management Australia and the Bureau of Meteorology - Disaster Awareness Program 04/2000.

In Australia lightning accounts for 5 to 10 deaths and well over 100 injuries annually. It is expected that these figures are likely to increase with more people being engaged in recreational land and water activities in the future. Therefore it is most important for all coaches and staff members to be aware of essential precautions when managing students in lightning conditions.

1. Electrical Circuit Protection

Check your local electricity provider for advice on surge protectors and lightning conductors for your office and gymnasium to help safeguard occupants and electrical equipment.

2. If Caught Outdoors

The distance in kilometres to a lightning flash may be estimated by dividing the time delay (in seconds) between the flash and the thunder by 3. If you hear thunder, find shelter urgently, especially if the time delay is less than 30 seconds. Ensure students remain sheltered for at least 30 minutes after the last sound of thunder and

- Seek shelter in a 'hard-top' metal-bodied vehicle or solid building but don't touch any metal sections. Avoid small open structures or fabric tents.
- Never shelter under small groups of (or single) trees
- If far from shelter, crouch alone feet together, preferably in a hollow. Remove metal objects from head/body. Don't lie down flat but avoid being the highest object in the vicinity.
- If your hair stands on end or you hear 'buzzing' from nearby rocks, fences, etc, move immediately.
- Don't handle umbrellas or golf clubs etc.
- Stay away from metal poles, fences, clothes lines etc.
- Don't ride bicycles, or travel in open vehicles.
- If driving, slow down or park away from trees, power lines etc. Stay inside metal bodied (hard top) vehicles or caravans but don't touch any metal sections.
- If swimming, surfing etc, leave the water immediately.

3. If You Are Indoors

- Before the storm arrives, disconnect external aerial and power leads to radios and television sets.
- Disconnect computer modems and power leads.
- Draw all curtains and keep clear of windows, electrical appliances, pipes and other metal fixtures (eg don't use the bath, shower, hand basin or laundry/kitchen sinks).
- Avoid touching brick or concrete, or standing bare-footed on concrete or tiled floors.
- Avoid the use of fixed telephones and mobile phones. In emergencies, make calls brief.

4. First Aid

Apply immediate heart massage and mouth-to-mouth resuscitation (CPR) to lightning victims until medical help arrives and they will have a good chance of survival.

5. Lightning Facts

- When struck, people do not glow or 'fry to a crisp' but the heart and breathing are often affected.
- Only about 30 % of people struck actually die, and the incidence of long term disability is low, particularly when appropriate first-aid is applied promptly.
- If your clothes are wet, you are less likely to be seriously injured if struck, as most of the charge will conduct through the wet clothes rather than your body.
- Lightning can and often does strike more than once in the same place.

RECOMMENDED GUIDELINES FOR PREVENTING HEAT ILLNESS

This information is provided by Sports Medicine Australia, December 2016

The following strategies are intended for the general population that does not fall into any of the listed 'At Risk' categories. 'At Risk' participants should consult the recommendations for their particular population sector.

1. Timing of games

Games and sporting activities involving moderate to high intensity exercise should be scheduled to avoid conditions where ambient temperature exceeds or is likely to exceed 36 degrees Celsius or where WBGT exceeds 30 degrees Celsius. In most parts of Australia players are likely to be exposed to their highest risk of heat injury in the months of December, January and February, although in some regions this level of risk extends into March and April. This is in part due to high ambient temperatures that are prevalent during this period, and lack of match fitness of players participating in traditional winter sports such as Australian Rules Football. Where possible, especially in January and February, games should be scheduled to start before 9 am. or after 6 pm. Early morning or night games minimise the risk of encountering unacceptable conditions at these times of year. This is especially so where these games are to be played in a locations with a history of relatively high WBGT.

2. Acclimatisation

If games or activities are to be conducted after long periods of cooler conditions, participants should strive to be fully acclimatised prior to participation. Physiological adaptations to exercising in the heat are rapid and can occur after 3-5 days in a hot environment. Full acclimatisation can take 10-14 days or longer. The initial response is an expansion of the plasma volume; then, over several days, this returns to normal and the sweat rate increases with sweating starting earlier and a more dilute sweat being produced. There is evidence that exercising in sweat clothing to the point where heat strain is induced can give some degree of acclimatisation (Dawson et al). The training must induce heat strain over several days, and care must be taken that adequate hydration occurs during these training sessions. Doing some form of submaximal exercise in a heat chamber will also give some degree of acclimatisation; but its practicality in a team sport, except possibly in individual cases, is limited. Some level of acclimatisation will occur in players coming out of summer. This, however, is usually countered by the lack of match fitness in athletes at this time of year. What can be done easily is to educate athletes to train themselves to play and train with copious fluids already on-board. Further it must be emphasised to the players that they **MUST** consume fluids containing 6%-8% carbohydrate - in warm/hot conditions, muscle glycogen utilisation is much higher. (Febbraio 1992). The consumption of carbohydrate containing fluids has been proven to improve performance in the heat and, more importantly, delay the onset of exercise-induced heat exhaustion (Febbraio 1992, Davies et al 1988) and, hence, probably help prevent heat stroke.

3. Hydration

The more athletes sweat, the more fluid they must consume to avoid dehydration. High levels of dehydration may increase the risk of heat stress. To diminish the risk of heat stress fluid should be consumed before, during and after activity. It is recommended participants drink at least 7-8 ml of fluid per kg of body mass (average is about 2 cups) no more than 2 hours before exercising to promote adequate hydration and allow time for excretion of excess water. During exercise it is recommended that participants should drink fluid at regular intervals to replace water lost through sweating. Participants should aim to drink at least 3 ml per kg of body mass (about 250 ml for the average athlete of around 70 kilograms every 15 to 20 minutes or 2-3 cups every hour). However, this may vary dependent on the rate of sweating. Fluid taken should be cooler than the ambient temperature. Water is considered an adequate fluid option for activities lasting up to one hour.. Participants in events or activities exceeding one hour are recommended to use carbohydrate-based sports drinks as a means of replacing fluids, carbohydrates and electrolytes lost during prolonged activity. In high risk conditions players should be encouraged to drink fluids at scheduled drinks breaks and should be provided convenient access to fluids during activity without unnecessary interruption to the game or event. Officials and event organisers should also consider including additional drinks breaks for players in

conditions of high risk. In regard to post-event rehydration, it needs to be remembered that this can take 24 hours or more.

4. Player rest and rotation

In conditions of high risk participants should be provided opportunities to rest through the use of player interchange or substitution. The period of rest should be determined by the ambient temperature and WBGT at the time of the event or activity. For ambient temperatures greater than 26 and less than 30 degrees Celsius and for WBGT temperatures greater than 21 degrees Celsius and less than 25 degrees Celsius, all players should be rested for at least 10% of the period they would normally participate. For example, if the activity normally runs for 60 minutes, the rest period for the player should comprise at least 6 minutes during the period. For situations where the ambient temperature is greater than 31 degrees and less than 35 degrees Celsius and the WBGT is greater than 26 degrees Celsius and less than 29 degrees Celsius, all players should be rested for at least 25% of the period in which they would normally participate. This may be achieved by rotation of players through an interchange bench or via the reduction in the regular playing time for all players. For events played in high risk conditions that do not have a specified playing time, players should be permitted to take rest breaks from activity equivalent to 3 minutes for every 30 minutes of activity. The positive effects of rest breaks should also be maximised by employing the following strategies: • allowing players to rest in naturally shaded areas or providing portable structures that create shade where and when required; • providing fans and ice packs; and • providing additional fluids to allow participants to spray or douse themselves to assist cooling.

5. Pre-cooling

Pre-cooling by cool water immersion or the wearing of ice vests has been demonstrated to increase athletic performance in endurance sports. This practice could be of benefit to many athletes. However, it must be noted that the effects of a pre-cooling manoeuvre are reduced rapidly by a warm up. Therefore, any pre-cooling strategy must be undertaken in concert with a vastly reduced warm-up if it is to be effective.

6. Clothing

Light coloured, loose fitting clothes, of natural fibres or composite fabrics, with high wicking (absorption) properties that provide for adequate ventilation are recommended as the most appropriate clothing in the heat. This clothing should further complement the existing practices in Australia that protect the skin against permanent damage from the sun.

For further information regarding safety in hot weather, see the Sports Medicine Australia website: <http://sma.org.au/resources-advice/policies-guidelines/hot-weather/>