



Fencing Victoria Incorporated
PO Box 958
North Melbourne VIC 3051

HEAT POLICY

Fencing Victoria guidelines for North Melbourne Fencing Centre: Temperatures listed are assuming air-conditioning and fans are operational.

In the event the ambient temperature in the hall exceeds 30C, Fencing Victoria DT will allow 15 minutes between Direct Elimination bouts.

In the event the ambient temperature in the hall exceeds 35C, competitions will be cancelled.

Adequate hydration is the responsibility of the competitor.

FV personnel will follow first aid guidelines for heat related symptoms including:

- Fatigue
- Nausea
- Headache
- Confusion
- Light-headedness

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 groins and armpits.
5. Seek medical assistance

Ambient temperature chart from Sports Medicine Australia (outdoor guidelines)

Ambient temperature °C	Relative humidity	Risk of heat illness	Recommended management for sports activities
15 - 20		Low	Heat illness can occur in running Caution over-motivation
21 - 25	Exceeds 70%	Low - moderate	Increase vigilance Caution over-motivation
26 - 30	Exceeds 60%	Moderate - high	Moderate early pre-season training Reduce intensity and duration of play/training Take more breaks
31 - 35	Exceeds 50%	High - very high	Uncomfortable for most people Limit intensity, take more breaks Limit duration to less than 60 minutes
36 and above	Exceeds 30%	Extreme	Very stressful for most people Postpone to cooler conditions (or cooler part of the day) or cancel