



HEAT POLICY 2025

OVERVIEW

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 30°C, Fencing Victoria DT will allow 15 minutes between Direct Elimination bouts.

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

Adequate hydration is the responsibility of the competitor.

HEAT RELATED SYMPTOMS

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

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

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

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	<ul style="list-style-type: none">• Heat illness can occur in running• Caution over-motivation
21° - 25°	Exceeds 70%	Low - Moderate	<ul style="list-style-type: none">• Increase vigilance• Caution over-motivation
26° - 30°	Exceeds 60%	Moderate - High	<ul style="list-style-type: none">• Moderate early pre-season training• Reduce intensity and duration of play/training• Take more breaks
31° - 35°	Exceeds 50%	High - Very High	<ul style="list-style-type: none">• Uncomfortable for most people• Limit intensity, take more breaks• Limit duration to less than 60 minutes
36° and above	Exceeds 30%	Extreme	<ul style="list-style-type: none">• Very stressful for most people• Postpone to cooler conditions (or cooler part of the day) or cancel