



Gaelic Football and Hurling Association of South Australia



Postal Address: GPO Box 21, Adelaide, South Australia 5001
Grounds: St. Mary's Park, Laura Ave, St. Mary's
Website: www.gaelicfootballsau.com.au

Sun Smart Policy

The health of members and supporters is of primary concern to the Gaelic Football and Hurling Association of South Australia.

Our Association acknowledges that skin cancer is a major public health problem in Australia, with two out of every three people requiring treatment for some form of skin cancer in their lifetime.

We recognise that skin cancer is preventable and we will actively seek to promote, encourage and support sun protection training and competitions within South Australia.

Where possible The Gaelic Football and Hurling Association of SA will:

1. Schedule games when possible to avoid some of the peak ultraviolet period 10 am to 2 pm (11am to 3pm daylight saving time).
2. Actively encourage members to wear hats (soft-peaked only during games). Actively encourage members to routinely wear broad spectrum water resistant SPF 30+ sunscreen and stress the importance of regular re-application.
3. Provide broad spectrum, water resistant SPF 30+ sunscreen for members and make it available for spectators.
4. Make maximum use of existing shade at facilities. When shade is not adequate, our Association will seek to work with relevant authorities and the community to provide more shade at sporting and recreation facilities; and will endeavour to provide temporary shade until adequate shade is provided. Individuals will also be encouraged to bring their own shade structures to events.
5. Provide portable shade structures at competitions when needed.
6. Promote sun safety through newsletters, brochures and over the public address system at competitions.
7. Encourage senior players, coaches, officials, members in prominent positions, and parents to be Sun Smart role models.
8. Advise players, parents and volunteers about the Sun Smart Policy at registration and encourage them to comply with it.
9. Consider the reasons for and appropriateness of any rules that prevent the implementation of sun protection strategies.

This Sun Smart Policy will be reviewed annually to ensure that the document remains current and practical to the Association and Clubs requirements.

RECOMMENDED GUIDELINES

EXERCISE AND HYDRATION IN EXTREME TEMPERATURES

1. General

- 1.1 Children, adolescents and Adults are covered simultaneously by the recommendations in these guidelines.
- 1.2 It is recommended that if a large increase in temperature is likely to occur, parents and officials should take extra care to ensure athletes and volunteers are sufficiently hydrated and shade is provided.
- 1.3 It is recommended that greater care be taken of players and referees who are not fit, who are overweight, or a player with a disability, when playing in high temperatures.

2. Education

- 2.1 All players, officials and volunteers should be educated on the importance of sun safety and how to be sun smart. This should be conducted at the beginning of the hot weather season.

3. Attire

- 3.1 All players should be wearing sun safe attire on competition days and whilst exposed to the sun, hats or caps should be worn (soft-peaked only during games).
- 3.2 All board members, staff officials and volunteers must be seen setting a sun smart example. During match days they are encouraged to wear collared shirts, hats, and sunglasses.

4. Sunscreen

- 4.1 Sunscreen should be provided and located in and around the competition arena. In doing so we are ensuring it is as convenient as possible for players, officials and volunteers to use.
- 4.2 The sunscreen must meet all Australian standards.

5. Shade

- 5.1 Shade should be provided at matches during the day. It should be provided for players, officials, trainers, staff and volunteers. If and where possible shade should be made available for spectators.

6. Public Announcements

- 6.1 It is recommended that during competition, public announcements be made reminding those at the event to keep drinking water, apply sunscreen and remain in the shade wherever possible.

This will not only help to keep fluid intake and sun safety high but also ensure the Association is discharging its duty of care to its members. In addition it will be seen as an organization that is constantly considering the health and safety of its members, officials, volunteers and spectators.

7. Fluids

- 7.1 It is recommended that players, officials and volunteers drink at least 7-8ml of fluid per kg of body mass to diminish the risk of heat illness (about 500ml for a 65kg person).
- 7.2 Children can stave off dehydration during 3 hours of exercise in 35oC heat if enough fluid is consumed.
- 7.3 Fluid should begin to be consumed at least two hours before exercising to promote adequate hydration and allow time for excretion of excess water.

- 7.4 A water station should be located within easy reach of playing arena. Water should also be given to players and officials during games.
- 7.5 The water supplied should be cooler than the ambient temperature, as this will aid in the cooling process.
- 7.6 In addition to water, diluted sports drinks, cordial and fruit juices should also be made available or recommended. It is beneficial for replacing fluids, energy and electrolytes lost during exercise. It will delay the onset of exercise-induced exhaustion and hence aid in the prevention of heat stroke.
- 7.7 Additional water should be made available so as to allow the players to douse themselves and thereby assisting in the cooling process. E.g. spray bottles, buckets etc.

8. Postponement/Cancellation/Modification of Games

- 8.1 It is recommended that officials and parents use caution when players are participating in a game when ambient temperatures are above 35oC for an extended period of time.
- 8.2 When children are playing and the temperature is 35oC or more, games are to be cancelled. If temperature is between 28oC and 34oC, games will be played in 4 x 10 minutes quarters instead of 2 x 20 minute halves.
- 8.3 When children are playing in the heat, officials and parents must pay close attention to the conditions and decide if the game times need to be modified.
- 8.4 When temperatures are 35oC or above matches will be played in 4 x 12.5 minute quarters instead of 2 x 25 minute halves.
- 8.5 When temperatures are between 28oC and 34oC the teams must communicate with each other and if they agree quarters can be played.
- 8.6 It is recommended that the competition venue has the necessary equipment to record ambient temperatures.

APPENDIX A

What is heat injury?

Heat injury may present itself in varied forms, including cramps, heat exhaustion and heat stroke.

Heat Exhaustion

Dehydration can lead to heat Exhaustion. Symptoms of heat exhaustion may include:

- High heart rate
- Dizziness
- Headache
- Loss of endurance / skills
- Confusion
- Nausea
- The skin may still be cool / sweating, but there will be signs of developing vasoconstriction, e.g. pale colour.
- Players will pass little urine, which will be highly concentrated.
- Cramps may be associated with dehydration.
- The rectal temperature may be up to 40C and the player may collapse.

If a player or volunteer is exhibiting signs of heat stress or heat exhaustion they should stop, drink more fluids and cool down. Remove the player from the field of play, lay the victim down in a cool place and give plenty of cool water. If the player is confused or unable to drink water seek medical help immediately.

Heat Stroke

Severe dehydration may lead to heat stroke, which is potentially fatal and must be treated immediately by a medical practitioner. Players who keep participating when suffering **from heat exhaustion** may experience **heat stroke**. Heat stroke can still occur even if the player

has been drinking plenty of fluid. It is important to cool the player down as quickly as possible.

Heat stroke symptoms include:

- Dry skin
- Confusion
- Collapsing

If a player is showing any symptoms of heat stroke take the following action:

- Call a Doctor or Ambulance immediately
- Remove from the field of play and lay the victim down in a cool place
- Give cool water to drink if conscious
- Cool the player by putting in a cool bath, shower or under hose, applying wrapped icepacks to the groin and armpits or use wet towels.
- Maximize airflow over the player through the use of a fan or fan them with towels.