Circular 010:01:09

To: **Y&LD Council Delegates** **Club Secretaries**
Club Junior Coordinators **Club Junior Team Managers**
Club Summer Competition Managers

Cc: **Y&LD Executive**

From: **Drew Urlichs – Manager, Youth & Leadership Development**

Date: 15 January 2009

Subject: **Sun Smart Policy & Guidelines**

Action: **No Need for Action**

Please find attached a full version of this policy: Sun Safe Policy for Junior Carnivals.

It is the responsibility of Life Saving Victoria (LSV) to have a sun safety policy in place that will provide members with guidelines to improve their own personal protection from the sun. Sun Safety is important at all lifesaving carnivals across the nation. LSV would like to remind all clubs that they need to follow the Sun Smart Policy outlined in the attached circular.

Life Saving Victoria will ensure that all members who participate in LSV and Junior Activities are both informed and protected again the harmful effect of the sun's ultraviolet radiation (UVR) whenever they are outdoors. LSV will promote to all parties knowledge of the great importance of the need for protection from skin and eye damage caused by UVR. All members must participate in, and promote all sun safe suggestions.

Definitions of Sun Sense Protections

- Shelter
- Protective clothing (Long Sleeve Tops & Wide Brim Hat)
- Sunscreen
- Sunglasses

Responsibilities

Even though these guidelines are produced by LSV and SLSA, it is everyone's responsibility to abide by these policies and make sure they are followed, including:

- All levels of LSV
- Parents & Guardians
- Lifesaving Clubs

Important Safety Tips to Remember

The six S's:

1. SHADE – natural or man-made
2. SLIP! – on a T-shirt
3. SLOP! – on a Sunscreen
4. SLAP! – on a Hat
5. SUNGLASSES – to Australian Standards
6. SUNSHINE - awareness of times of the day especially around midday

For further information please refer to the attached policy: Sun Smart Policy or visit SLSA website http://www.slsa.com.au/site/_content/resource/00000301-docsource.pdf

For additional detail on this Circular contact: Drew Urlichs – Manager, Youth & Leadership Development
Email drew.urlichs@lifesavingvictoria.com.au or by phone (03) 9676 6957
Circulars are also available at **www.lifesavingvictoria.com.au**

Address: PO Box 353 South Melbourne DC 3205

Hot Weather Guidelines

Purpose

To outline the requirements for conducting junior carnivals (Ages U/7 to U/14) and senior carnivals (U/15+) during hot weather.

Scope

All staff, volunteers and competitors involved in conducting Life Saving Victoria carnivals.

Guidelines

These Guidelines have been developed based on the Sports Medicine Australia (SMA) Policy – preventing heat illness in sport and the SMA guidelines for cancelling or modifying sporting events during hot weather.

All Carnivals

The forecasted ambient temperature (AT) and wet bulb globe temperature (WGBT) as determined by the Bureau of Meteorology must be checked by the LSV Carnival Management Team three (3) days before the scheduled carnival date.

The course of action to be undertaken will be based on the WGBT and is summarised in the following tables.

Junior Carnivals

It is important to take precautions whilst undertaking junior lifesaving carnivals. In ambient temperatures greater than or equal to 30 degrees Celsius, children have greater difficulty stabilising their core body temperature than adults.

Forecasted Temperature	**Risk of Injury**	**Action**
> 30 AT >20 – 26 WBGT	Low - Moderate	- Club Team Managers/LSV Carnival Management Team responsible for heat reduction strategies & well being of competitors
31 – 35 AT 26-29 WGBT	High – Very High	**LSV Carnival Management Team must ensure:** - Modified beach events, if sand is too hot. Flag & sprint tracks will be shortened and three (3) participants will be eliminated each round of flags. Shoes may be worn at the determination of the referee. - Beach events may be cancelled if chief referee deems sand temperature to be a high risk for causing thermal injury - Provide water stations at various sections on the beach - Provide tents for marshalling in all areas. - Allow compulsory drinks breaks in all events. - All heat illness will be reported in F/A log. - Include "Heat Stroke Condition" treatment in carnival program, and circulate to clubs as well. **Club Management/Team Managers must ensure:** - Sunsmart clothing & precautions while competing - The provision of at least one (1) tent per club - Promote water/fluid intake prior to event i.e. approx two (2) cups (250 mls) 2hrs prior to event then at regular intervals. - Parents/coaches must register any illness i.e. asthmatics etc prior to competing
>36 AT >30 WGBT	Extreme	- Cancellation or change of event time to cooler part of the day 8:00 am -11:00 am - LSV should endeavour to provide notification of event change before scheduled carnival time.

Heat Induced Illness & Treatment

Two illnesses can occur from the core body temperature exceeding normal temperatures, heat exhaustion and heat stroke. When signs and symptoms of these illnesses present, athletes should begin treatment to prevent further illness progression.

Heat exhaustion can be characterised by:

- Dizziness
- Headaches
- Confusion
- Nausea
- Cold, pale and clammy skin
- Weak rapid pulse

Treatment should include:

- Cease the activity and rest
- Move out of the hot environment i.e. find shade
- Misting or spraying with water
- Take extra hydration (avoid sugar drinks, caffeine & alcohol)

Heat Stroke is a potentially fatal condition and can result when the severity of heat exhaustion increases. It can be characterised by:

- Confusion
- Loss of consciousness
- Dry skin

Treatment should include:

- Fan
- Remove any excess clothing
- Soak with water
- Place ice packs on the groin & arm pits
- Call for medical assistance immediately

For further information on participating during hot weather please refer to the SMA policies and guidelines found at the following website:

www.sma.org.au