

Dragon Boats NSW Inc.

(Incorporated under the Associations Incorporation Act, 2009)
(Registered Number: Y2086230)
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Heat Management Policy

To assist clubs, regatta organisers and race officials reduce the impact of heat stress on dragon boat participants the following policy should be utilised.

Scope and Responsibility

This policy applies to all Dragon Boats NSW affiliated clubs and any dragon boat activity operated or sanctioned by the state body.

Clubs, competition organisers (i.e. DBNSW or hosting club) and race officials have a Duty of Care to monitor environment conditions and to implement means of minimising heat stress for all dragon boating participants.

The implementation of this policy during regattas and any subsequent decisions will be made exclusively by the competition organisers and/or the Race Committee (Chief Official, Chief Judge, Chief Course Umpire, Race Secretary and Starter). These changes can include suspension, cancellation and/or rescheduling of races.

During training sessions, the responsibility of monitoring and managing the wellbeing of athletes lies with attending club coaches, sweeps, committee members and fellow athletes. DBNSW recommends the use of the Heat Alert Index in the likelihood training will occur during high temperatures.

Regatta Heat Management Plan

Participating teams will be made aware of the Heat Management Plan as well as the subsequent actions that may be implemented in the event of extreme temperatures during a regatta. This will be communicated in a number of ways including;

- Publishing this policy on the DBNSW website.
- Attending clubs and teams will be warned of possible extreme temperatures via email prior to the day of the regatta.
- An update will be provided to participating clubs and teams during the scheduled team managers meeting.
- Enforcement of *Alert Levels* and any other relevant updates will be communicated to participating clubs and teams throughout the race day.

Heat Alert Index

The current ambient(air) temperature of the hosting venue will be used to determine if any event changes are necessary. Competition organisers and/or the Race Committee will have the discretion to consider any other factors they consider relevant such as humidity, winds/breeze, etc.

Approx. Temperature	Alert Level
32 ^o	Level 1
35 ^o	Level 2

Level 1 – At this alert level, the presence of high temperatures will be noted by the race committee and competition organisers. Regatta participants should be on the lookout for signs of heat stress in competitors. Team managers should attempt to ensure crew members have a minimum two race gap between races regardless of race distance where possible.

Level 2 - At this alert level all considerations noted in Level 1 will be implemented. The race committee and/or regatta organisers have the right to suspend, reschedule or cancel any and all races for competitors regardless of participants ages.