

Rowing Victoria recognises that heat stress and the adverse physical effects of working and competing in high temperatures are identified risks of rowing and racing.

Rowing Victoria also recognises that the competition program is susceptible to high (and sometimes extreme) temperatures during the summer racing season and has established a Heat Management Plan to facilitate where possible, rowing competition in conditions where, because of high temperature levels, competing athletes, officials and regatta volunteers may be at an elevated risk of heat stress.

The Heat Management Policy provides a framework under which Rowing Victoria can take measures (including the suspension, cancellation or rescheduling of events, and the imposition of restrictions on competition), if they believe that temperatures and other factors on the day warrant such measures.

Where reasonably possible, the objective of any changes will be to modify the format of the regatta to enable competition to continue on a basis which minimizes the risk of heat stress to competitors. Suspension, cancellation, or rescheduling will apply only in extreme circumstances.

### **Responsibility for Compliance**

Rowing Victoria expects that all athletes, coaches, schools and clubs will comply with the Heat Management Plan and will also comply with any heat management measures recommended by Rowing Victoria on any competition day.

**Ultimately, primary responsibility for the safety and wellbeing of each athlete rests with the athlete or, in the case of junior athletes, with the athlete's parents, coach, club or school.**

**The responsibility for assessing and managing the risks to athletes, officials and volunteers associated with competition (and training) in conditions of high temperatures and or other adverse conditions rests with the athletes themselves, or for those who may be under the age of 18, their schools, clubs, coaches and parents.**

Furthermore compliance with these heat management guidelines specified in this Plan also rests with the athletes themselves, **or for those who may be under the age of 18**, their schools, clubs, coaches and parents.

**Each competitor (or, where the competitor is under the age of 18, the competitor's parent, coach, club or school) is responsible for deciding whether or not it is safe to compete and for determining what measures outside the scope of this plan may be necessary to minimize the risk of heat stress for that particular competitor.**

## **HEAT MANAGEMENT PLAN**

The Heat Management Plan involves 3 stages:

### **Stage 1. Communications**

At the commencement of each rowing season:

- (a) Rowing Victoria will publish a copy of the Heat Management Policy on its website.
- (b) School and club coaches, rowing administrators and competitors will be invited to register their mobile numbers with Rowing Victoria for text message notifications regarding implementation of heat management measures. Rowing Victoria will maintain a register of those numbers for broadcast text messaging on days when heat management measures are imposed.

### **Stage 2. Early Warnings and Notifications**

If, prior to any regatta, it becomes apparent to Rowing Victoria that high temperatures are likely to be experienced and that heat management measures may have to be implemented, Rowing Victoria shall:

- (a) Post a notice on its website;
- (b) Send a text message to all registered mobile numbers alerting school and club coaches, rowing administrators and competitors to the potential for heat management measures.

In forecasted extreme weather conditions, Rowing Victoria shall send a text message to all registered mobile numbers alerting school and club coaches, rowing administrators and competitors to the cancellation of a regatta in advance of the regatta day.

### **Stage 3. Implementation**

If, on any regatta day, temperature levels are sufficiently high, Rowing Victoria, through the President of the Jury, may declare a Level I, Level II, Level III, or Level IV Heat Alert. Once a declaration has been made, the heat management measures referred to below will be implemented.

The decision to implement heat management measures following the Heat Alert will be communicated to regatta participants:

- (a) by announcement over the public address system, and
- (b) by broadcasting a text message to all registered mobile numbers.

Rowing Victoria may upgrade, or downgrade, Heat Alerts as conditions change and will communicate any changes to regatta participants in the same manner.

## IMPLEMENTATION OF HEAT MANAGEMENT MEASURES

In determining whether Heat Alerts should be declared, Rowing Victoria will have regard to the ambient (air) temperature prevailing at the applicable regatta venue at the time but will have complete discretion to consider any other factors (such as humidity, the effect of any wind or breeze and the immediate weather outlook) that they consider relevant.

Heat Alerts are triggered at the following temperatures:

<b>Heat Alert Level</b>	<b>Temp (ambient temperature)</b>
<b>Level I</b>	at 32°C or greater for two consecutive readings
<b>Level II</b>	at 35°C or greater for two consecutive readings
<b>Level III</b>	at 38°C or greater for two consecutive readings
<b>Level IV</b>	at 42°C or greater for two consecutive readings

For the purposes of clarity in the implementation of this policy the ambient temperature will be the ambient temperature (Temp C) recorded at the Bureau of Meteorology weather station nearest to the competition venue.

For reference the Bureau of Meteorology sites applicable to rowing courses in Victoria are:

<b>Regatta Venue</b>	<b>BoM Reference Site</b>
Albert Park Lake, Albert Park	Melbourne (Olympic Park)
Barwon River, Geelong	Geelong Racecourse
Darling River, Wentworth	Mildura
Murray River, Mildura	Mildura
Goulburn River, Nagambie	Mangalore
Lake Hamilton, Hamilton	Hamilton
Lake Moodemere, Rutherglen	Rutherglen
Lake Wendouree, Ballarat	Ballarat
Lake Weroona, Bendigo	Bendigo
Maribyrnong River, Essendon	Melbourne (Olympic Park)
Maribyrnong River, Footscray	Melbourne (Olympic Park)
Mitchell River, Bairnsdale	Bairnsdale
Nagambie Lakes, Nagambie	Mangalore
Nat. Water Sports Centre, Carrum	Moorabbin Airport
Wimmera River, Dimboola	Horsham
Yarra River, Melbourne	Melbourne (Olympic Park)

## **HEAT MANAGEMENT MEASURES FOR COMPETITORS**

- (a) Rowers rowing to the start of their event should take with them a minimum of 500ml of water which should be consumed before they race.
- (b) Rowers should not be on the water more than 30 minutes prior to the start time of their event.
- (c) Rowers should row directly to the start of their event and should not do an extended warm up.
- (d) Coaches and crews are expected to monitor the welfare of all coxswains and to ensure that they are properly hydrated and sun protected.

When **Level I, Level II, Level III** or **Level IV Heat Alerts** are declared, the following Heat Management Measures will apply.

### **Level I Heat Alert** (at 32°C or greater for two consecutive readings)

When a **Level I Heat Alert** is declared, and until it is withdrawn; rowers and crews falling into the categories listed below are strongly advised to follow the **Heat Management Measures for Competitors** set out above. The decision by Rowing Victoria to allow these rowers and crews to continue racing will be based on the assumption that these measures are followed.

Affected Categories:

- (a) Athletes who are under 16 years old,
- (b) Athletes competing in U15, C Grade or Beginner events,
- (c) Athletes competing in mixed events and ,
- (d) Athletes competing in masters events

### **Level II Heat Alert** (at 35°C or greater for two consecutive readings)

When a **Level II Heat Alert** is declared, and until it is downgraded or withdrawn; the Heat Management Measures for Competitors will be deemed mandatory and must be observed by **all** competitors.

Following the declaration of a **Level II Heat Alert**, the following categories may continue to compete at their own discretion.

- (a) Athletes who are competing in Year 8, Year 9 or Year 10 School events,
- (b) Athletes competing in U15, U17, 'C' grade or Beginner events,
- (c) Athletes competing in mixed events and ,
- (d) Athletes competing in masters events.

Notes:

1. The regatta program will not be rescheduled however races may be consolidated at heat times, or finals conducted at heat times, should opportunities arise.
2. Competitors who elect not to continue to compete and notify the Regatta Secretary of their withdrawal once the **Level II Heat Alert** is declared will not attract a penalty for late withdrawal. Penalties will still apply to competitors who fail to notify the Regatta Secretary of their withdrawal.

**Level III Heat Alert** (at 38°C or greater for two consecutive readings)

When a **Level III Heat Alert** is declared, and until it is downgraded or withdrawn; Rowing Victoria will suspend, or cancel the following events

- (a) Year 8, Year 9 and Year 10 school events,
- (b) U15, and U17 events,
- (c) 'C' Grade, Mixed, Beginner and Masters events

Notes:

1. Competitors in these categories that are on the water and are not participating in a race which is actually underway must immediately return to the boating area and get off the water.
2. No competitor aged U17 may compete in any event regardless of category,

The following categories may continue to compete at their own discretion:

- (a) Athletes who are competing in School Open events,
- (b) Athletes competing in U19, U21, U23, Club, Open, 'B' or 'A' grade events,

Notes:

1. The regatta program will not be rescheduled however races may be consolidated at heat times, or finals conducted at heat times, should opportunities arise.
2. Competitors who elect not to continue to compete and notify the Regatta Secretary of their withdrawal once the **Level III Heat Alert** is declared will not attract a penalty for late withdrawal. Penalties will still apply to competitors who fail to notify the Regatta Secretary of their withdrawal.

**Level IV Heat Alert** (at 42°C or greater for two consecutive readings)

When a **Level IV Heat Alert** is declared, and until it is downgraded or withdrawn, Rowing Victoria will;

- (a) Suspend, or cancel, further competition at the conclusion of the race then in progress, and
- (b) Require all crews on the water that are not participating in a race which is actually underway to return to the boating area and get off the water, and
- (c) Close access to water for all crews, and
- (d) Withdraw all boat race officials and regatta volunteers from the competition area.

**HEAT MANAGEMENT MEASURES FOR OFFICIALS AND REGATTA OPERATIONS PERSONS**

The following heat management measures apply to officials and regatta operations persons when a **Level III** (or higher) **Heat Alert** has been declared:

- (a) They must wear hats, and where possible shelter from direct sun.
- (b) Water must be carried and regularly used.
- (c) Regular rotation of BRO's with the aim of one reserve for every two BRO's so three persons do the job of two.
- (d) Boat holders shall be rotated on a regular basis and have shelter from direct sun between races.
- (e) A responsible person shall be assigned to constantly check the welfare of boat holders who will withdraw any boat holder displaying signs of distress.