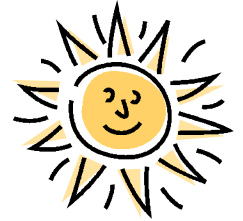


These guidelines are from Sports Medicine Australia (www.sma.org.au). They provide some good advice about exercising in the heat. We may think that we are OK running in the heat because we have always done it. That's not good enough. We need to make sure that we are taking notice of our bodies and the weather conditions and can make the right decisions so we can run and keep running.



Read these guidelines and keep them somewhere safe and accessible. Teach your children too.

» Keep the “Fun” in Fun Runs.

The highest incidence of sports heat illness occurs in fun runs of 10 km and longer.

Vigorous exercise in sport places some people at risk of heat illness. Even in cool weather, heat illness may occur in people. Heat illness may occur in strenuous sports, but may also occur exercising at high intensity for more than about 45 minutes.

Heat illness is not a trifling matter – if untreated, it can lead to the rare but life-threatening condition of heat stroke.

If it is hot, shorten your outdoor exercise session or go to the gym

» Children and Heat Stress

Children sweat less and get less evaporative cooling than adults. In warm and hot weather their bodies are less active in getting rid of heat; they look flushed, and feel hotter and more stressed than adults. Overweight children are particularly disadvantaged exercising in warm weather.

Children seem to be effective at “listening to their bodies” and regulating their physical activity. For this reason, children should always be allowed to exercise at their preferred intensity. They should never be urged to exercise harder or compelled to play strenuous sport in warm weather. If children appear distressed or complain of feeling unwell, they should stop exercising.

In warm weather wet sponging will make children feel more comfortable. Drinks should be provided for children playing sport.

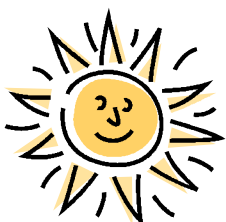
» Some Golden Rules for Training and Competition

- Achieve a high level of physical fitness before exercising strenuously in competition, or in warm weather.
- Exercise at moderate intensity in hot or humid conditions.
- Do not undertake hard exercise, or exercise in hot or humid weather if you feel unwell or are recovering from recent illness.
- Drink water before and during exercise.
- Stop exercise if you feel unwell when exercising hard, or if exercising in hot or humid weather.
- Stop other sports participants if they appear unwell, confused or show loss of skill and coordination.

» Guidelines at the Hill Run

In extreme heat

- juniors (16 and under) not to run beyond 6km
- juniors to be encouraged toward the short course
- newcomers not to attempt the long course, but may run short course
- newcomer juniors should have experienced supervision to accompany them on the run
- water stops on long course are **compulsory**



The above taken from **Beat the Heat - Playing and exercising safely in hot weather - Fact Sheet - by Sports Medicine Australia**

www.sma.org.au

Read the full fact sheet on our website at www.griffithferals.org.au