



CALISTHENICS VICTORIA

SUN AND HEAT POLICY

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1. INTRODUCTION

While the majority of our sport is performed indoors, there are times where parts of our activities occur outside, whether it be practicing outdoors at a competition, participating in a public event such as a parade or festival, or as part of paid or volunteer roles at Calisthenics Victoria events.

The sun's ultraviolet (UV) radiation can't be seen or felt. Whatever the weather, it's important for people of all skin types to use sun protection whenever UV levels are three or higher.

Too much of the sun's UV can cause sunburn, skin and eye damage and skin cancer. Australia has one of the highest rates of skin cancer in the world, with two in three Australians developing some form of skin cancer before age 70.

Exposure to and/or performing physical activity in hot indoor environments can also lead to negative health outcomes if not managed appropriately.

Sporting clubs and organisations have a responsibility under health and safety legislation to provide and maintain a safe environment for staff, volunteers, players and spectators. Calisthenics Victoria is committed to minimising, as far as possible, the risk of present or future ill-health from exposure to sun or heat whilst participating in Calisthenics in Victoria.

2. SCOPE

This Policy defines Calisthenics Victoria's requirements for the management of risks associated with exposure to the sun, hot weather and heatwave weather conditions. This Policy does not cover hot or heated surfaces, substances, or objects.

This Policy applies to all:

- Employees of Calisthenics Victoria, including casual employees, volunteers, contractors (temporary or otherwise), and where applicable personnel involved with Calisthenics Victoria, including the Board, Committees, Delegates, Officials and anyone holding governance position (paid and volunteer), and those people employed by Calisthenics Victoria's subsidiaries in any capacity (herein referred to as "**Officers**" in this Policy); and
- Members, Entitled Members, Registered Performers (both competitive and recreational), Registered Coaches and Affiliated Organisations (herein referred to as "**Members**" throughout this Policy)
- Calisthenics Victoria offices, competition venues, practice venues, performance venues, team travel locations, workshops, functions, events, transit locations (for example airports) and similar premises (herein referred to as "**Venues**" throughout this Policy).

3. DEFINITIONS AND INTERPRETATIONS

Reference term	Definition and Interpretation
Acclimatisation	The process of becoming accustomed to a new climate or to new conditions.
Ambient Temperature	The ambient temperature is the air temperature in an environment. This is also known as Dry Bulb temperature.
Calisthenics Victoria	Calisthenics Victoria is the recognised Victorian State Sporting Organisation for the Sport of Calisthenics.
Calisthenics Victoria Officers (Officers)	Includes: <ul style="list-style-type: none"> • The Chief Executive Officer and staff of Calisthenics Victoria, including casual employees, volunteers, contractors, and personnel involved with Calisthenics Victoria. • The Board, Committees, Delegates, Officials and anyone holding governance position (paid and volunteer). • Those employed by Calisthenics Victoria’s subsidiaries in any capacity. • Contractors, where relevant.
Company Vehicles	For the purpose of this procedure, company vehicles refers to light vehicles owned or leased by Calisthenics Victoria and used for the purposes of work.
Competition	Reference to Competition includes time in transit, venue facilities and accommodation.
Daily local sun protection times	The sun protection times are a forecast from the Bureau of Meteorology for the time of day UV levels are forecast to reach 3 or higher. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.
Heat Wave	Three or more days of high maximum and minimum temperatures that are unusual for that location.
Heat Related Illness	Heat related illnesses include heatstroke, heat exhaustion, heat cramps and heat rash
Humidity	A measure of water vapour in the air.
Policy	Sun and Heat Policy
Venues	Calisthenics Victoria office, competition venues, practice venues, performance venues, team travel locations, workshops, functions, events, transit locations (for example airport) and similar premises.

4. POLICY PRINCIPLES AND APPLICATION

4.1. Risks of Sun and Heat

The risk of heat illness from vigorous exercise or high intensity sport is significant. The human body needs to maintain a body temperature of approximately 37 degrees Celsius. Heat-related illness and injuries begin to occur if the body has to work too hard to keep cool or starts to overheat.

During exercise or physical exertion, participants may produce 15-20 times the heat they produce at rest. Dissipation of this excess heat is primarily achieved through sweating. If the body's ability to dissipate heat is compromised, core temperature may rise. Factors which impair the body's ability to dissipate heat are:

- high ambient temperature
- solar radiation
- humidity (which compromises the efficacy of sweating)
- dehydration.

Personal factors that increase the risk of a sun or heat related illness and/or impair the body's ability to dissipate heat include:

- Clothing
- Hydration level
- Level of activity
- Medical condition
- Genetic predisposition
- Fatigue
- Acclimatisation

Common Effects of Exercising and/or Working in Heat	
Heat rash	Skin can become irritated and cause discomfort
Heat cramps	Muscles can cramp as a result of heavy sweating without replacing salt and electrolytes.
Fainting	Can occur when standing or rising from a sitting position.
Dehydration	Increased sweating can lead to dehydration if the person isn't drinking enough water.
Heat exhaustion	Occurs when the body is working too hard to stay cool.
Heat stroke	Occurs when the body can no longer cool itself. This can be fatal.
Burns	Can occur if a person comes into contact with hot surfaces or UV radiation.
Skin Cancer	Skin cancers such as carcinoma or melanoma are known to result from harmful exposure to UV radiation. This can be fatal.
Reduced concentration	When working or exercising in heat it is more difficult to concentrate and a person may become confused. This means they may be more likely to make mistakes.
Increased chemical uptake into the body	Heat can cause the body to absorb chemicals differently and can increase the side effects of some medications.

Extended exposure to heat without relief, such as during a heatwave when night-time temperatures remain elevated, can increase the risk and should be considered when managing the risks of sun and heat exposure.

4.2. First Aid and Emergency Assessment and Treatment

A heat related illness can be an extremely serious condition and may have fatal consequences if not treated in time. Signs and symptoms of heat related illness include:

- Fatigue
- Dizziness
- Nausea
- Headache
- Fits or seizures
- Unconsciousness

Children sweat less and get less evaporative cooling than adults. In hot weather, they have greater difficulty getting rid of heat; they look flushed and feel hotter and more stressed than adults.

Early treatment of someone showing signs of heat illness can significantly reduce the impact on a person. First aiders must be notified of any person experiencing heat related symptoms. Medical assistance and monitoring may be required to ensure that the condition of the person experiencing a heat related illness does not exacerbate.

Suggestions to treat heat stress include:

- Rest in a cool, shaded place
- Remove excess clothing
- Drink plenty of liquids, either cool water or diluted sports drink
- Sponge the body with tepid water and fan to promote sweat evaporation
- Don't douse the body with cold water or ice as this will encourage the blood vessels in the skin to constrict and retain body heat
- Seek medical assistance
- If the person is confused, unconscious or has trouble breathing, call an ambulance by dialling 000 immediately

Any signs or symptoms of heat illness in a person at a CV workplace, event or activity must be assessed by a first aider and reported immediately to CV staff. Additional medical attention must be provided where appropriate and the incident must be recorded in accordance with the CV Health and Safety Policy.

All employees should notify their manager of any medical condition that may affect them when working in hot/humid conditions.

4.3. Prevention of Sun and Heat Related Injury and Illness

The Bureau of Meteorology provides weather forecasting resources that can be used when preparing for heatwaves or prolonged exposure to UV radiation. These resources can assist with identifying when risk control strategies need to be implemented.

When determining what control strategies you will use, individual needs must be considered, at all times.

4.3.1. Training / Practice

All Affiliated Clubs and officials should act in a proactive manner in case of high temperatures or heat waves. If training is held at a time of high temperatures (31-35° and above):

- Training should be held indoors, or in a shaded position out of direct sun.
- Cooling devices should be available and used.
- Participants should be allowed rest breaks equivalent to at least five minutes for every 30 minutes of activity. Longer or more frequent breaks must be provided if requested by participants.
- Increase airflow in training environment through natural or artificial ventilation (e.g. fans, open doors and windows).
- In the event of high temperatures continuing for a long period of time, consideration to cancelling or rescheduling normal training sessions should be given.
- If participants are showing signs or symptoms of heat related illness, training should cease and first aid strategies must be implemented as required. Refer to section 4.2 of this policy.

In hot conditions, reduce the duration and intensity of warm-ups to minimise the increase in body heat and temperature.

4.3.2. Outdoor Activities

Where possible, events and outdoor activities should be scheduled to minimise exposure to UV and heat. To assist with the implementation of this policy, club officials, coaches and participants are encouraged to access the daily local sun protection times via the free [SunSmart app](#), or at sunsmart.com.au.

The sun protection measures listed are used for all outdoor activities (e.g. parades, festivals, sports events, promotional displays, outdoor training, etc.) during the **daily local sun protection times**. A combination of sun protection measures is needed during the daily local sun protection times.

- Cover skin with loose, light coloured and comfortable clothes made from natural fibres such as cotton where possible. Costumes need to be of appropriate weight for the temperature; avoid heavy and dense costuming in high heat environments.
- SPF 50+ sunscreen or greater to be worn on exposed skin. This may need to be applied prior to applying performance make-up and should be reapplied as per the directions for use on the product.
- Hat, preferably broad-brimmed to be worn wherever possible.
- Wear sunglasses to protect the eyes wherever possible.
- Provide and/or seek shade wherever possible, such as undercover areas, tent/marquee, trees, umbrellas, etc.

If the above protection measures can not be applied during calisthenic performances, these should be applied both before and after the performance is completed.

Sets, props and/or apparatus that are constructed of heat-conducting materials (e.g. metal) can get hot in the sun and could present the risk of burns if hot items are handled or interacted with. Consider this when planning events to eliminate contact burn risks or provide protective equipment such as gloves.

Organisers must provide access to sun and heat protection including:

- An adequate supply of cool drinking water that is readily accessible during outdoor activities and people are encouraged to regularly hydrate. Performers should also be encouraged to bring their own water.
- Portable shade structures and sunscreen for the performers and organisers as well as encouraging individuals to bring their own shade structures and sunscreen.
- Providing calisthenic performers adequate opportunities for rest and hydration breaks in a shaded

area.

- Ensuring that first aid items required for the treatment of sun or heat related injury or illness is brought to the event and utilised as required (this may include electrolyte drinks such as hydrolyte to assist in the event of dehydration).

Spectators should be encouraged to be prepared for sun/heat exposure.

A Note on Trees

Trees are a great source of shade however they can bring with them other hazards. Standing or sitting beneath trees, particularly eucalyptus trees, can expose the individual to the risk of falling limbs or the tree itself.

Risk of falling limbs or trees is higher during windy or stormy conditions and after a rain event. Always consider the potential risks from trees prior to utilising them as a sun protection measure.

4.3.3. Indoor Activities

Indoor environments are more commonly used for Calisthenics than outdoor environments and generally have lower risks of sun and heat related illness. Indoor environments can present increased risks of heat related illnesses in some situations. Examples include:

- Poorly insulated environments (e.g. sheds, storage units, workshops, shipping containers).
- Spaces with large windows that allow direct sunlight into the space.
- Spaces that do not have air-conditioning or ventilation.

Indoor environments can take longer to cool down and in some situations (i.e. during a heat wave), they may be difficult to reduce to a level that is comfortable for physical activity. Control Strategies to implement when working in indoor environments with higher risk of heat-related illness include:

- Close blinds or curtains to reduce sources of direct/radiant heat from the sun or reflective surfaces.
- Increase airflow in the space through natural or artificial ventilation (e.g. fans, open doors and windows).
- In the event of a heat wave, consider cancelling the activity or rescheduling to a cooler time.
- An adequate supply of cool drinking water must be readily accessible and people encouraged to regularly hydrate.
- Providing adequate opportunities for rest and hydration breaks (in a cooler area if available).
- Ensuring that first aid items required for the treatment of heat related illness is available and utilised as required (this may include electrolyte drinks such as hydrolyte to assist in the event of dehydration).
- If people are showing signs or symptoms of heat related illness, the activity should cease and first aid strategies must be implemented as required. Refer to section 4.2 of this policy.

Competitions, Concerts and other Indoor Stage Performances

The following additional strategies may be used in performance spaces where practicable:

- Stage lighting can generate heat. Switch off during breaks or downtime between competitions and use worker lights to provide light for visibility during non-performance times.
- If air-conditioning is required to be switched off for haze-related effects, switch back on during periods where this is not essential.

- If auditorium is hot or poorly ventilated, open doors as relevant to provide ventilation or cooling of the space during breaks or in between events.
- Avoid or minimise the use of heat generating devices such as hair dryers in dressing rooms.
- Where possible, provide an indoor space for performance practice if outdoor conditions are too hot.
- Ensure the space provided for officials and volunteers to go during intervals/breaks has good air-conditioning and/or ventilation.
- Ensure adequate supply of cool water is available/accessible backstage for performers, volunteers and officials.
- Ensure adequate supply of cool water and/or drinks is available/accessible front of house for audience members.

4.3.4. Hydration

As a general rule drink at least half a litre of fluids in the two hours before physical activity. During physical activity, aim to drink about 200ml every 20 minutes or so. Choose a specially formulated sports drink if you're participating in physical activity for more than an hour. After physical activity, drink around half a litre of water.

Alcohol dehydrates the body, so avoid drinking any alcohol for at least one day before intensive physical activity.

4.3.5. Clothing

Uniforms and performance costumes should be appropriate for the season, temperature and environment. Avoid heavy and dense costuming in high heat environments.

When travelling to other states or areas with different climates to normal, individuals should be supplied with appropriate clothing for the climate. If necessary, this should include a head covering.

4.3.6. Cali Bear Costume

Due to the density of the Cali Bear Costume and its head covering, using the Cali Bear costume in hot environments presents an increased risk of heat related illnesses. Before using the Cali Bear costume, consider the risks of the environment (e.g. temperature, humidity, indoor/outdoor environment). The wearer should feel comfortable with the conditions and management strategies prior to wearing the costume.

The following strategies must be applied as a minimum:

- Use of the Cali Bear costume should be minimised during hotter times of the day.
- Regular rest breaks should be taken in a cooler environment where the head can be removed.
- Ready access to cool drinking water.
- Minimise the physical activity of the wearer during warmer weather.
- The physical condition of the wearer, hydration levels and symptoms to be closely monitored.
- Cali Bear must have a guide/buddy to provide protective observation and assistance as and when required.
- The Cali Bear costume must not be worn in an indoor or outdoor environment where the temperature is 35 degrees or greater.

4.3.7. Controlling Heat and Sun Exposure in the Workplace

The following further measures should be considered and applied as appropriate to control the risks of sun and heat exposure for employees and volunteers:

- Reschedule the job to when the weather is cooler.
- If the work area is outdoors; provide shade over the work area or relocate the work task indoors or into a shaded or protected area as far as reasonably practicable.
- Air conditioning, ventilation, and air movement systems in place and in good working order in the office or workspace.
- Introduce shifts or task rotation including planned rest breaks to limit prolonged exposure.
- Reduce productivity expectations and allow self-paced work in hotter environments.
- Ready access to cool drinking water, at or near the work area that can be refilled as and when required.
- Ready access to medical assessment if required.
- Rest breaks should be taken in a cooler environment in either an air-conditioned room or office.
- Provide workers with alternative tasks to perform in a cooler environment.
- Workers clothing to be suitable for the environment whilst remaining protective against other hazards (e.g. wear clothing with lighter/thinner fabric, ventilation, UV protection).
- Additional personal cooling strategies such as cooling neck ties, head towels or cooling vests suitable particularly for short duration tasks if required, may also be considered.
- The physical condition of workers, hydration levels and symptoms to be closely monitored.
- Working alone in this environment should be avoided. Workers should have protective observation using either a “buddy” or direct supervision.

4.4. Company Vehicles

Any vehicle owned or leased by CV shall be fitted with properly functioning air-conditioning. Where the air conditioning is faulty, it shall be repaired.

Window tinting should be considered for all new vehicle lease agreements.

Users of company vehicles should be mindful of hot surfaces in the vehicle after being exposed to hot conditions. Care should be taken when entering a vehicle that has been parked in the sun. Sun visors or shaded locations can assist to minimise exposure to hot surfaces.

The temperature in a vehicle can rise to dangerous levels when windows and doors are closed. Users of company vehicles must follow legislative requirements relating to hot cars, particularly if the vehicle contains a pet or child. NEVER leave children or animals unsupervised in an enclosed vehicle for any period of time.

5. ROLES AND RESPONSIBILITIES

CV must:

- adopt and comply with this Policy.
- publish, distribute and promote this Policy (and any amendments made to it from time to time) to

their members and make this Policy accessible to their members.

CV Members must:

- adopt and comply with this Policy
- publish, distribute and promote this Policy (and any amendments made to it from time to time) to their members in the manner required by CV and make this Policy available to their members.
- make such amendments to localised ways of working in order for this Policy to be adopted and enforced.

It is the responsibility of the Chief Executive Officer to establish a procedure for the management of processes which are covered by this Policy. The Chief Executive Officer is also responsible for the overall administration of these processes.

6. FURTHER INFORMATION

Further information regarding heatwaves can be found at the following locations:

Heatwave Service of Australia	http://www.bom.gov.au/australia/heatwave/
Australian Heatwave Knowledge Centre	http://www.bom.gov.au/australia/heatwave/knowledge-centre/
Sun Smart	https://www.sunsmart.com.au/
Heat related illness and exercise	https://www.betterhealth.vic.gov.au/health/healthyliving/heat-stress-and-exercise#calculating-your-fluid-requirement
Water	https://www.betterhealth.vic.gov.au/health/healthyliving/water-a-vital-nutrient#dehydration
First Aid for Heat-Related Illness	https://www.safeworkaustralia.gov.au/safety-topic/hazards/working-heat/first-aid-heat-related-illness

7. MONITORING, REVIEW AND EVALUATION

The Board, through its Governance Committee, is responsible for monitoring, evaluating and reviewing this Policy, as required, from time to time in accordance with changing Calisthenics Victoria needs and legislative requirements.

8. RELATED DOCUMENTS

- Health and Safety Policy

9. VERSION CONTROL, CHANGE HISTORY AND DISTRIBUTION

Version Control

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