



Extreme Weather Policy and Guidelines

Heat stress is a serious health risk. High intensity exercise in a hot environment, with the associated fluid loss and elevation of body temperature, can lead to dehydration, heat exhaustion and heat stroke (which can be fatal). Children are at greater risk than adults are because their thermoregulation mechanisms are not fully developed. Older members can also be at high risk because of reduced cardiac function.

Competition organisers have a Duty of Care to monitor environmental conditions and to take action to minimise the risk of heat stress to participants.

1. Scope of these Requirements

These recommendations shall apply to all competitions conducted under and sanctioned by Cycling Victoria.

2. Hot Weather Requirements

The following minimum requirements will determine activation of the Extreme Heat Recommendations. Temperatures are to be deemed at the race venue by the side of the course NOT in direct sunlight.

The Chief Commissaire is required to conduct assessments every 30 minutes throughout the day when temperatures are above 30 degrees Celsius.

Recommended Guidelines & Actions for competition

Temperatures 30 degrees Celsius or less

- For competitions where the forecast minimum temperature is 30 degrees or below, participants should exercise caution, particularly in endurance events or those that require the participants to remain in direct sunlight for an extended period of time;
- Participants should drink often to remain hydrated;
- No competition modifications, for track cycling, are recommended however distance events should be held in the coolest part of the day.

Temperatures between 31 and 37 Celsius degrees (inclusive)

- Participants should exercise caution particularly in road races and track endurance events
- Events should be scheduled for the coolest part of the day;
- Athletes should carefully consider the number of events they compete in over the course of the competition;
- The promoter will provide access to water for riders (for purchase), officials and volunteers (free of charge);
- Modification to the program may be considered by the Chief Commissaire
- Shelter must be provided for officials who are not shaded.

Temperatures between 38 and 40 degrees Celsius (inclusive)

- Participants should exercise extreme caution

- Competition schedule and program may be modified with respect to time of day and the duration of the event.
- Endurance events may be cancelled or postponed until later in the day or after sunset
- All Officials to take a 10 minute break each hour.
- Promoter to provide access to water for participants, officials and volunteers.
- Shelter must be provided for officials who are not shaded.

Temperature 41 degrees and above

- All competition will be postponed until the temperature is below 41 degrees Celsius.

Discretionary Cancellation

- Cycling Victoria reserves the right to cancel any competition at its absolute discretion if it is deemed that the prevailing or predicted environmental conditions, such as (but not limited to) extreme heat / humidity present a serious health risk to athletes or officials.

3. Requirements of Chief Commissaire

- The Chief Commissaire must have on site, the appropriate instrument to measure Absolute Temperature;
- Once the Heat Guidelines are applied the Chief Commissaire must review the situation every 30 minutes when the temperature is over 31 degrees;
- Cold drinking water must be made available;
- Ice should be made available for heat stress emergencies;
- The Chief Commissaire must have access to a person with a current Senior First Aid Certificate;
- Ready access to medical assistance;
- Information about the nearest medical assistance should be on display in a prominent location.

4. Important Information

Under the UCI Regulations the Chief Commissaire has the power to suspend racing or postpone any race on account of the weather conditions. The CC may invoke the Hot Weather Guidelines if he/she believes there is real danger to the competitors' health.

The measurement values used in the Hot Weather Guidelines to determine the level of risk are for an average person involved in continuous strenuous activity in high temperatures. Individual persons will be affected differently by the environmental conditions depending on their:

- Fitness level
- Athletic ability
- Age
- Gender
- Any predisposed medical conditions
- Level of acclimatisation

5. Instruments for measuring Absolute Temperature

Temperature should be taken using an electronic thermometer.