

# 5.1 Sunburn, Heat Stroke & Exhaustion

## Hydrate, cover up, cool down

### Responsibilities

#### Personal

- Comply with the minimum standards detailed below and bring to the attention of club officials or competition officials any significant issues relating to sunburn, heat stroke and heat exhaustion
- Take personal responsibility for precautions against sunburn, heat stroke and heat exhaustion

#### Club

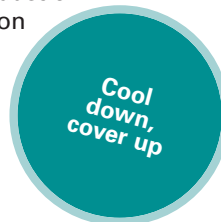
- Advise members about the risks of sunburn, heat stroke and heat exhaustion, and of local guidance relating to this issue

#### Coach

- Include advice about the risks of sunburn, heat stroke and heat exhaustion, and local guidance, as part of the regular training programme
- Consider the possibility of sunburn, heat stroke and heat exhaustion as part of the overall risk assessment prior to a training session

#### Competition Organisers

- Advise competitors and officials about the risks of sunburn, heat stroke and heat exhaustion during competition, and of any local guidance
- Provide first aid support at the competition



## Minimum standards to be adopted

- Provision of sufficient supplies of drinking water at facilities for athletes and officials
- Advise members, competitors and officials of the need to wear suitable clothing (hats, T-shirts, sunglasses etc) and use a high factor sun block
- Provision of first aid support (emergency phone numbers, first aiders) for members suffering from sunburn or heat exhaustion
- Advise members of the need to take on fluids before, during and after training, and of the need for good water bottle hygiene
- Consider changing training times and/or duration to avoid high risk periods
- Inform members and officials of symptoms of heat stroke, so that they can

identify early signs in fellow members or competitors before this becomes a serious issue

- Give greater consideration to the effects of sunburn and heat stroke and heat exhaustion when rowing in hot climates

## Further good practice

(In addition to minimum standards to be adopted)

- Set up heat stroke and heat exhaustion treatment controls (gradual cooling down, emergency first aid assistance, shaded area etc.)
- Provision of shelter from sun to enable competitors and officials to stay in shade at competitions
- Advise competitors and officials at competitions of the need to cover up, apply sun block and increase water intake
- Advise everyone concerned to avoid caffeine and alcohol if heat stroke and heat exhaustion is a significant risk
- Advise training camp members of need to acclimatise and to plan this into programme of activities
- Advise 'at risk' groups (those with heart conditions, the young and the elderly) of the extra care required

## Further information

#### Row Safe – related sections

- 1.2 Risk Assessment

#### Other

- HSE Guidance Note GS1

