

EXTRACT FROM TENNIS AUSTRALIA PUBLISHED GUIDELINES

Heat Index Table

The Heat Index was devised for shady, light wind conditions and does not take into account radiant heat. Direct sunshine and strong, hot, dry winds can significantly increase the “apparent temperature” and thus the risk of heat stress.

HEAT INDEX TABLE

		AMBIENT (AIR) TEMPERATURE (°C)																	
		25 ^o	26 ^o	27 ^o	28 ^o	29 ^o	30 ^o	31 ^o	32 ^o	33 ^o	34 ^o	35 ^o	36 ^o	37 ^o	38 ^o	39 ^o	40 ^o	41 ^o	42 ^o
	0%	24	25	26	27	27	28	29	30	31	32	32	33	34	35	35	36	37	37
	5%	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	36	37	38
R	10%	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	38	39
E	15%	25	25	26	27	27	28	29	30	31	32	33	34	35	36	37	38	39	40
L	20%	25	25	26	27	27	28	29	30	31	32	33	34	35	37	38	39	40	42
A	25%	25	26	26	27	28	28	29	30	31	33	34	35	36	38	39	41	43	45
T	30%	25	26	26	27	28	29	30	31	32	33	35	36	38	39	41	43	45	47
I	35%	26	26	27	27	28	29	30	31	33	34	36	38	39	41	43	46	48	50
V	40%	26	26	27	28	29	30	31	32	34	35	37	39	41	43	46	48	51	54
E	45%	26	26	27	28	29	30	32	33	35	37	39	41	43	46	49	51	54	57
	50%	26	27	27	28	30	31	33	34	36	38	41	43	46	49	52	55	58	62
H	55%	26	27	28	29	30	32	34	36	38	40	43	46	48	52	55	59	62	66
U	60%	26	27	28	29	31	33	35	37	40	42	45	48	51	55	59	63	67	71
M	65%	26	27	28	30	32	34	36	39	41	44	48	51	55	59	63	67	72	77
I	70%	26	27	29	31	33	35	38	40	43	47	50	54	58	63	67	72	77	82
D	75%	26	27	29	31	34	36	39	42	46	49	53	58	62	67	72	77	83	88
I	80%	26	28	30	32	35	38	41	44	48	52	57	61	66	71	77	83	89	95
T	85%	26	28	30	33	36	39	43	47	51	55	60	65	70	76	82	88	95	102
Y	90%	26	28	31	34	37	41	45	49	54	58	64	69	75	81	88	95	102	109
	95%	26	28	31	35	38	42	47	51	57	62	68	74	80	87	94	101	109	117
	100%	26	28	32	36	40	44	49	54	60	66	72	78	85	92	100	108	116	125

Red = Policy Level A

All age groups must take a 10 minute break between second and third sets if the Heat Index is 28 or greater.

Green = Policy Level B (16 & under)

16 & Under play is suspended if the Heat Index is 35 or greater or the Absolute Temperature is 34 or greater.

Blue = Policy Level B (Players over 15 years of Age)

Play is suspended if the Heat Index is 35 or greater.

The measurement values used in this Policy 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

BEAT THE HEAT

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.

AVOID HEAT STRESS BY ADEQUATE FLUID REPLACEMENT.

- Playing in hot weather will result in extra fluid loss (dehydration). Even small degrees of dehydration will cause a decrease in performance and this can occur at any stage of a match, particularly in hot conditions.
- Dehydration contributes to fatigue and may make you more susceptible to cramps, heat stress and heat stroke.
- Children are at a greater risk of heat stress than mature adults.

'BEAT THE HEAT' USING THE FOLLOWING MEASURES

WHAT TO WEAR

- Wear light clothing – light in both colour and weight (and replace sweat-saturated garments with dry clothing).
- Wear a hat, cap or visor – a broad brimmed hat is preferred.
- Wear a 30+ sunscreen to prevent skin damage and skin cancer.
- Wear sunglasses to protect your eyes.

DRINK PLENTY OF WATER

- **Do Not Wait To Feel Thirsty Before You Drink!**
- Sweat is mainly water and a very little salt.
- Drink cool water as it is absorbed more rapidly than warm water.
- If playing for more than one hour, use a sports drink - a carbohydrate drink of 5-10% concentration with a small amount of sodium chloride (salt tablets should be avoided because of their very high sodium chloride content, which can make dehydration worse).
- Thirst is a poor indicator – it is a late signal of severe fluid loss.

FLUID REPLACEMENT ROUTINE

- Avoid starting exercise dehydrated (drink plenty of fluids for several hours prior to participating).
- Drink at least 500 ml (2-3 glasses) ½ to 1 hr before a game.
- Drink at least 200 ml (1-2 glasses) every 15 mins during a game.
- Drink at least 500 ml to 1 litre (5-6 glasses) after a game and continue to drink until fluid losses are replaced.

SYMPTOMS OF HEAT INJURY OR HEAT STROKE

- Symptoms of heat injury or heat stroke include:
 - Fatigue
 - Nausea
 - Headache
 - Confusion
 - Light-headedness
- If you have these symptoms, you should stop playing, drink more fluids and cool down (seek medical treatment if symptoms do not improve rapidly).