

Heat Stress Guidelines for HRYC members



In accordance with the guidelines from the two organisations below, we will cancel/abandon races when **EXTREME** heat warnings are forecast.

Page | 1

1. **Heat Severity Map** **EXTREME** heat warning (*BOM*)
2. **Sports Heat Tool** **EXTREME** heat warning (*The Institute of Sport/Sydney University*)

HEAT EXHAUSTION / HEAT STROKE (see p.4)

We advise skippers/crews to familiarise themselves in the identification and management of Heat Exhaustion/Heat Stroke - and to have **ELECTROLYTES** (included in First Aid Kit) available if cases occur.

Heatwave warnings will be included in our NOR where applicable. Please note these are guidelines only, and members are advised to consult their own appropriate authority / medical experts.

SPORTS HEAT TOOL (App)

[Sport Medicine Australia Extreme Heat Policy](#)

The **Sports Heat Tool** (Institute of Sport/Sydney University) allows users to enter their **SPORT** and **LOCATION**. The App draws on BOM's live data to calculate the health risks to players.

- **SPORT** e.g. Sailing (there are 30 sports)
- **LOCATION** e.g. Brooklyn NSW

With the **SPORT** and **LOCATION** entered, the App gives a – **Current Sport Heat Score** -

- **LOW**
- **MODERATE**
- **HIGH**
- **EXTREME**

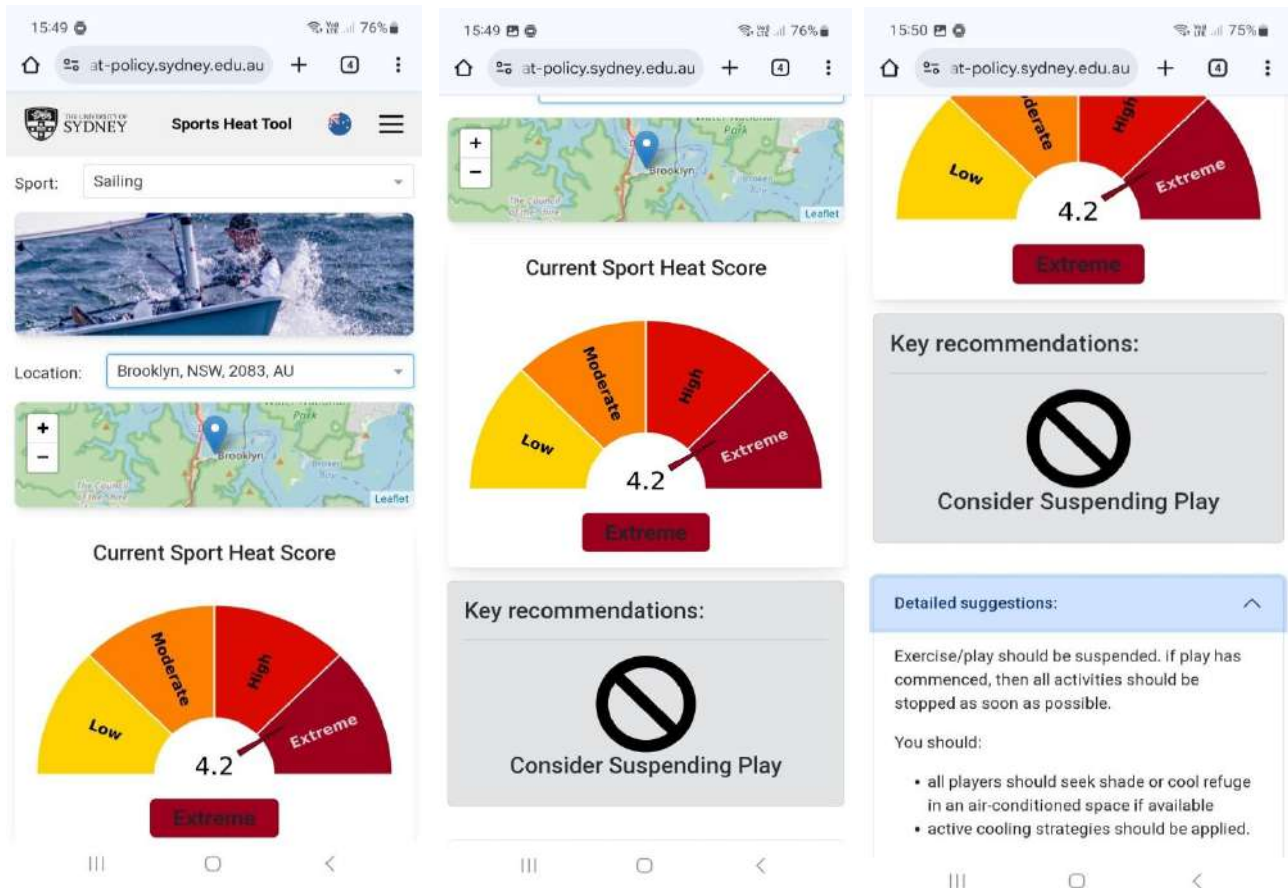
Depending on the **Current Sport Heat Score** rating - a list of **Key recommendations/ detailed suggestions** is made to keep competitors safe whilst engaging in the sport.

Example: when the App rates the **SPORT/LOCATION** conditions as **EXTREME** it advises players to –

'Consider Suspending Play'.

The App offers **Detailed Suggestions** such as:

'Exercise/play should be suspended. If play has commenced then all activities should stopped as soon as possible...' (See example below)



Sports Heat Tool showing SAILING at BROOKLYN on 10.1.2026

In the above example of **EXTREME** heat, the **App** recommends '**Consider Suspending Play**'. The forecast for Greater Sydney in this example, on 10.1.26 was 42°C.

BOM's HEATWAVE SEVERITY MAP

A seven-day **Heatwave Severity Map** is available on BOM with the following ratings:

LOW INTENSITY heatwave - Most people cope

SEVERE heatwave - Likely to be more challenging for vulnerable people (e.g. elderly and people with health conditions)

EXTREME heatwave - People who don't take precautions to keep cool are at risk especially exercising/working outdoors.

[Heatwave | The Bureau of Meteorology](#)

Know your warnings this heatwave season



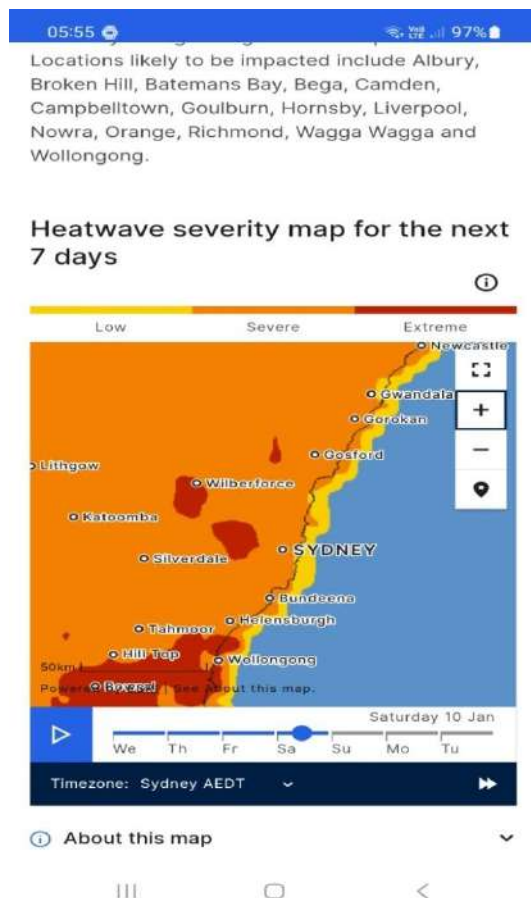
Low intensity heatwave	Severe heatwave	Extreme heatwave
• Most frequent during summer • Most people can cope during these heatwaves • We don't issue warnings for this heatwave category	• Less frequent • Likely to be more challenging for vulnerable people e.g. the elderly and people with health conditions • We issue warnings for this heatwave category	• Rare • People who don't take precautions to keep cool are at risk • Take extra precautions if you work or exercise outdoors • We issue warnings for this heatwave category

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Know your weather. Know your risk.



Page | 3



HEAT SEVERITY MAP (example)

BOM's **Heatwave Severity Map** for 10.1.26 with temperatures of 42° C forecast for the Greater Sydney region.

Safety Advice for **SEVERE/EXTREME** Heatwaves

- A run of unusually high night and daytime temperatures can lead to **heat-related illness, a critical factor in human health**
- **SEVERE** heatwaves can be dangerous for many people, especially older people... people with medical conditions and people who are unwell.
- Seek a place to keep cool...

7 Day Heatwave Severity Map 10.1.26

[Heatwave | The Bureau of Meteorology](#)

MANAGING HEAT STRESS

REDUCING HEAT STRESS RISK

LOW HEAT Increase hydration; drink regularly but avoid over-drinking - use **ELECTROLYTE products** – (keep in First Aid Kit); reduce amount of skin covered by clothing

MODERATE HEAT Increase hydration; drink regularly but avoid over-drinking - use **ELECTROLYTE products**; have additional rest – 15 minutes for every 45 minutes of practice; seek shade; shorten play

HIGH HEAT Drink cold fluids, use **ELECTROLYTE products**; wet skin and clothing; use ice pack / towels around the neck

EXTREME HEAT Suspend exercise/sport.

[Extreme-Heat-Policy-2025_FIN.pdf](#)

Page | 4

SIGNS AND SYMPTOMS OF HEAT-RELATED ILLNESS

Groups most at risk of heat stress:

Those over 65 – especially if unfit; heart or kidney disorders/disease – this group presents a greater risk of cardiovascular or renal failure; recently sick with a fever; taking prescription medications that impair sweating; people with a reduced ability to behaviourally respond to heat (mental health challenges or substance abuse); very high body fat; arrived from a cold climate in the past week...

	HEAT EXHAUSTION/SYNCOPE	EXERTIONAL HEAT STROKE (EHS)
Symptoms (What the person might feel)	– Headache – Dizziness – Weakness – Nausea – Vomiting	– Brain symptoms including confusion and agitation – Symptoms can develop rapidly – EHS is a medical emergency
Signs (What you might see)	– Fainting – Increased heart rate – Decreased blood pressure – Core temperature usually below 40°C – Absence of brain symptoms	– Brain symptoms including: • Confusion • Unsteadiness • Aggressive or irrational behaviour • Altered level of consciousness, seizures, coma – increase heart rate, increase breathing rate, decreased blood pressure – Core temperature usually below 40°C
Immediate Management	– Move to shade and cool – Remove as much clothing as possible – Remove protective equipment (eg. helmets, pads) – Apply lots of water to skin – Oral fluids – Lie on back with legs elevated – Watch for worsening	– ABC (airway, breathing and circulation) – Aggressively cool the body with ice and water (eg. ice or cold water bath) – Call an ambulance – Continue cooling while transfer to hospital – "Cool first, transfer second"