

HEAT POLICY

As shown in the
EVENT & ACTIVITY
GUIDE

Risk Management Policies and Procedures

As adopted by



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Compiled by

1.1 HEAT POLICY

1. DE-HYDRATION CONTROL/HEAT

- 1.1. The body's natural cooling system does not cope with heat and heat illness can occur if: the circulation is overloaded by too much heat and physical activity,
- too little sweat is produced e.g. if the person is dehydrated,
 - sweat cannot evaporate freely from the skin (e.g. high humidity, excessive clothing or low air movement).
- 1.2. To protect members and others, when temperatures are extreme it is recommended the tournament management committee do everything practicable to avoid playing in the extreme heat. This can include postponing or canceling the tournament, in the same way as in the event of wet weather. They may also shorten the chukkas, or play fewer chukkas if they see the need. The welfare of players and horses is to have priority over commercial considerations
- 1.3. In order to ascertain; whether the conditions are extreme, the risk of thermal injury and the appropriate course of action to take. The following Wet Bulb Globe Temperature (WBGT) tables should be used (see article 2.2.1.5 for calculation table):-

<u>WBGT</u>	<u>Risk of Thermal Injury</u>
Under<22	Minimal
Over>22 but under<28	Moderate
Over>28 but under<32	High
Over>32	Extreme

1.4. Appropriate Course of Action:

- 1.4.1. **Over>28 - Under<32 on WBGT** = refer to Club Horse Welfare Officer for approval to play- considerations in deciding whether play should go ahead include:-

- Intensity of play for horses (low goal/high goal)
- Acclimatization to heat for horses (used to conditions or not)
- Fitness of horses
- Age of horses – older horses do not deal as well with heat
- Available shade

If play does go ahead the following modifications should be considered:-

- shorten chukkas/number of chukkas
- Re-schedule to cooler time of the day
- Include free horse change 4 to 5 minutes into each chukka; a free change will be called during a neutral play at the umpires' discretion.
- Max 1 chukka per horse, Or Lengthen min. time between chukkas for horses (20-30 mins.)
- Increase length of break of play between chukkas i.e. 5-10 mins
- A Vet must be in attendance
- Temperate water available for horses to drink
- Sponge horses between chukkas
- Horses to be cooled using repeated wash/scrape method.

- 1.4.2. **32.0 And Over on WBGT** = No Play - polo must not be played

1.5. WBGT Calculation Table

		Wet Bulb Globe Temperature (WBGT) from Temperature and Relative Humidity																														
		Temperature (°C)																														
Relative Humidity (%)	0	15	16	16	17	18	18	19	19	20	20	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	31	31	32	32
	5	16	16	17	18	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	31	31	32	33	33	34	35
	10	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29	30	30	31	32	32	33	34	35	36	36	37
	15	17	17	18	19	19	20	21	21	22	23	23	24	25	26	26	27	28	29	29	30	31	32	33	33	34	35	36	37	38	39	
	20	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	38	39			
	25	18	18	19	20	20	21	22	23	24	24	25	26	27	28	28	29	30	31	32	33	34	35	36	37	38	39					
	30	18	19	20	20	21	22	23	23	24	25	26	27	28	29	29	30	31	32	33	34	35	36	37	39							
	35	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39								
	40	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39									
	45	19	20	21	22	23	24	25	26	27	27	28	29	30	32	33	34	35	36	37	38											
	50	20	21	22	23	23	24	25	26	27	28	29	30	31	33	34	35	36	37	39												
	55	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35	36	37	38													
60	21	22	23	24	25	26	27	28	29	30	31	32	33	35	36	37	38															
65	21	22	23	24	25	26	27	28	29	31	32	33	34	36	37	38																
70	22	23	24	25	26	27	28	29	30	31	33	34	35	36	38	39																
75	22	23	24	25	26	27	29	30	31	32	33	35	36	37	39																	
80	23	24	25	26	27	28	29	30	31	32	33	34	36	37	38																	
85	23	24	25	26	28	29	30	31	32	34	35	37	38	39																		
90	24	25	26	27	28	29	31	32	33	35	36	37	39																			
95	24	25	26	27	29	30	31	33	34	35	37	38																				
100	24	26	27	28	29	31	32	33	35	36	38	39																				

Note: This table is compiled from an approximate formula which only depends on temperature and humidity. The formula is valid for full sunshine and a light winds

1.6. The Australian Bureau of Meteorology (BOM) is able to provide information on thermal comfort and heat stress indicators on a regional basis through its website, in the form of web bulb global temperature or **WBGT**. True WBGT takes into account temperature, humidity, wind speed and solar radiation. However, the Bureau can only provide a calculated WBGT measurement which does not take into account wind speed and solar radiation. Nevertheless, the Tournament Committee is able to access this information from the BOM website as it is updated during the day, and therefore able to monitor for the possibility of adverse conditions for playing polo in hot weather.
Heat stress is most likely to occur on days when the ambient temperature is 35°C or above, or when the “WBGT shade” is 26 or above.

1.7. It is the responsibility of the Tournament Committee acting at any polo event to obtain the forecast conditions and monitor the Thermal Comfort Observations as provided on the Bureau of Meteorology website:

NSW <http://www.bom.gov.au/products/IDN65179.shtml>

VIC www.bom.gov.au/products/IDV65079.shtml

QLD www.bom.gov.au/products/IDQ65214.shtml

SA www.bom.gov.au/products/IDS65004.shtml

WA www.bom.gov.au/products/IDW65100.shtml

TAS www.bom.gov.au/products/IDT65050.shtml