



Judo SA

Hot Weather Policy

Judo

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Policy Statement

Judo is a high intensity sport requiring the wearing of a thick judogi. High intensity exercise in a hot environment, with the associated fluid loss and elevation of body temperature, can lead to dehydration heat exhaustion and/or heat stroke. While judo is an indoor sport, some venues can reach temperatures which require the modification or cancellation of training or events.

The Judo Federation of Australia SA [Judo SA] is committed to providing a safe sporting environment for all judo players, officials and spectators at all times. Judo SA is therefore adopting these Guidelines for cancelling or modifying judo events and training during hot weather. The Guidelines are not binding and Judo SA reminds all parties that they must act responsibly. Cancellation of events or withdrawal from participation may be appropriate even in circumstances falling outside these recommendations.

Policy Application

This policy applies to all clubs, athletes, coaches, officials, employees, administrators, volunteers and members of Judo SA.

Ambient Temperature

Although judo is practised indoors, the indoor temperature of some venues can place players at risk of hot stress. Judo SA recommends that on days where the ambient temperature inside the venue is:

30 - 35 degrees	the event or training should be modified
36 - 39 degrees	the event or training must be modified
40 degrees or above	the event must be cancelled or delayed until the temperature complies with the above recommendations

More care needs to be taken in hot, humid conditions.

Modifications could include: shorter training session, more frequent drink breaks, longer rest periods, lower intensity training, appropriate lightweight clothing for referees, officials and volunteers.

Hydration

Fluid loss makes an athlete more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke.

Judo SA promotes the Sports Medicine Australia (SA Branch) recommendation that athletes drink:

- At least 500 mls (2-3 glasses) before activity;
- 200 mls (1-2 glasses) every 10-15 minutes during activity; and
- at least 500 mls (2-3 glasses) after activity.



Dehydration may vary from individual to individual. The hydration requirements for an individual athlete can be measured by weighting the athlete before and after training. Every kilogram of weight lost indicates a fluid deficit of 1 litre. It is recommended that after exercise, athletes drink 1.5 times their fluid deficit to ensure full re-hydration.

Please note that heat exhaustion/heat stroke can still occur even in the presence of good hydration.

General Considerations

Coaches and officials are encouraged to give extra consideration to added risk factors for heat stress such as:

Factor	Example of groups at risk
Age	children and veterans
Fitness levels	less fit individuals
Visiting judokas	not acclimatised to hot conditions
Gender	women are more susceptible to heat retention.
Medical conditions	eg asthma, diabetes, epilepsy, gastro, colds and flu
Medications	diuretics, etc.

It is recommended that medical questionnaires include a question on whether the participant is more than usually susceptible to heat stress.

Reviewed: 26th October 2008
date

On behalf of the Committee of Management

