

SAFETY BULLETIN

AOCRA would like to remind all paddlers, coaches and club committees of the seriousness of heat exhaustion and heat stroke.

Heat-related illnesses can be prevented. It's important to [be prepared for extreme heat](#), especially if you have existing medical conditions or are performing physical exercise..

Remember to:

- **Stay hydrated**, through the consumption of water and electrolytes
- Stay out of the heat as much as possible
- Keep your space cool with circulating air
- Wear weather-appropriate clothing and protect yourself from sun damage
- Rest often and save strenuous activities for the cooler parts of the day
- Monitor for signs of heat-related illness and act promptly
- Check in on others, especially those who are older, sick or frail.

SAFETY is AOCRA's number 1 priority we don't want any of our paddlers to be put at risk.

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What to look for	What to do
Heat rash	
<ul style="list-style-type: none"> • Clusters of bumps that look like red pimples or small blisters, usually on the neck and upper chest • Most common in young children 	<ul style="list-style-type: none"> • Move to a cooler place • Keep the affected area dry • Dusting powder may increase comfort • Avoid using ointments and creams
Dehydration Can lead to heat exhaustion without prompt treatment	
<ul style="list-style-type: none"> • Increased thirst • Dry mouth, lips and tongue • Dizzy, tired or irritable • Headaches • Bright or dark yellow urine • Less urine than usual 	<ul style="list-style-type: none"> • Drink small amounts of water regularly • Move to a cooler place • Seek medical attention if symptoms are severe
Heat cramps Can be an early warning sign of heat exhaustion	
<ul style="list-style-type: none"> • Muscle pains and spasms, usually in the abdomen, arms or legs • Most common in people who sweat a lot during strenuous activity 	<ul style="list-style-type: none"> • Stop all strenuous activity • Rest in a cool, shaded place • Increase fluid intake with water, low sugar sports drink or diluted fruit juice • After the cramps subside, wait a few hours before exercising strenuously • Seek medical attention if cramps continue for more than one hour
Heat exhaustion Can lead to heat stroke without prompt treatment	
<ul style="list-style-type: none"> • Heavy sweating • Heat cramps • Paleness • Weak or dizzy • Nausea or vomiting • Fast, weak pulse • Headache 	<ul style="list-style-type: none"> • Rest in a cool, shaded place • Have a cool shower or bath, or apply cool, wet towels to the body • Loosen tight clothing • If fully alert, sip water or suck ice chips • Seek medical attention immediately if symptoms are severe, get worse or don't improve with treatment, or last longer than an hour
Heat stroke This is a medical emergency – call Triple Zero (000) immediately	
<p>As per heat exhaustion, plus:</p> <ul style="list-style-type: none"> • Worsening mental condition • Slurred speech, poor coordination • Seizures or losing consciousness 	<ul style="list-style-type: none"> • Call Triple Zero (000) immediately – this is a life-threatening emergency • Follow directions of ambulance staff • Move to a cool, shaded place • Remove excess clothing • Immerse in water, spray with hose, or apply wet cloths and fan vigorously