

HEAT STRESS MANAGEMENT STRATEGIES

The Heat Stress Management Strategies guidelines outlined in this appendix are designed to negate the effects of heat stress that can result from training and playing cricket in the heat. Cricket is a summer sport so it is expected that some Heat Stress Management Strategies will need to be applied even when the heat related weather conditions are not extreme. These strategies become even more important in extreme heat related conditions.

The following Heat Stress Management Strategies are recommended to be implemented in part or full in matches (and training Sessions).

HYDRATION

Pre-Match or Training Sessions

- Ensure Participants are well hydrated at the start of the match or session.
- Urine Specific Gravity (USG) testing is the most accurate method of monitoring players hydration status with an on-waking sample. A value below 1.020 is considered to be acceptable hydration status.

During Match or Training Session

- Participants should have access to palatable cool fluids throughout their day / session and breaks in play / training.
- Participants should aim to replace their fluid and sodium losses to maintain adequate hydration.
- Participants drinks should be individualised to suit their needs.
- Participants can choose to weigh themselves pre and post training sessions or match innings to estimate fluid replacement needs.

Post-Match or Session Rehydration

- An accurate method to determine fluid loss and rehydration volume required is to calculate Participant's body weight difference over a session (i.e.: player weigh-in and weigh-out of sessions).
- 150% of the volume difference between pre- and post-session weight should be replaced (re-hydration).
- All Participants should drink the required volume slowly (over hours) to minimise diuresis, and choose electrolyte containing fluids (or consume fluid with a meal) to aid retention.

COOLING

A combination of external and internal cooling methods is recommended.

Evaporation

- Misting fans should be used where available to maximise cooling via evaporation.
- Industrial type fans in viewing areas should be used where misting fans are not available. This should be used in conjunction with skin wetting to maximise the cooling effect.
- Players should avoid wearing compression undergarments during training and matches, particularly in extreme heat related weather.

Cold water immersion techniques should be considered, including;

- Whole body or torso (neck to knee) cooling.
- 30 mins at 22-30°C or 5 mins at 15°C

Ice ingestion (slushies, icy poles)

- The product needs to be swallowed as ice.

Cold wet towels

- Crushed ice (approximately 3 kilograms), wrapped in wet towels and taped at the ends and middle.
- Placed on the extremities of the body (neck and face during play and drink breaks).
- Rotation of the towels to different areas of the body is preferable.
- Ideally, this should be used in conjunction with an evaporative fan to maximise cooling effect.

Air-conditioned change rooms

- Where available, change rooms air-conditioning should be set at 18-20°C.