

Triקים Triathlon Club

Hot Weather Guidelines



This guideline affects organised Club training events only. Where a member enters a competitive event it is up to the rules set in place by the race organiser that apply.

The Triקים Committee and Coaches advise that although training by individuals may still occur it is done so at the risk of the individual member where that training occurs outside of these guidelines.

Club training sessions normally pose few concerns except in days of extreme heat and/or high humidity, where training time exceeds one hour and adequate breaks or re-hydration are not taken.

Background

Triקים concerns itself with creating a healthy environment for all members. Vigorous exercise while training for, or competing in triathlons, places some people at risk of heat illness. Even in cool weather, heat illnesses may occur, especially in people exercising at high intensity for more than 45 minutes.

Dehydration can exacerbate the condition.

Heat illness is not a trivial matter. Left untreated it can lead to severe conditions such as heat stroke. Symptoms of heat illness may include but are not limited to:

High heart rate	Confusion
Light-headedness, dizziness	Aggressive or irrational behaviour
Headache	Collapse
Nausea	Loss of skill/coordination
Obvious fatigue	Ashen or grey pale skin
Cessation of sweating	

Risks

Swimming poses few risks due to the cooling effect of water. However members, especially younger or older ones, wearing a wetsuit in water approaching 24°C may experience the effects of hyperthermia, especially where time in the water exceeds 30 minutes.

Cycling again poses few risks due to the evaporative effect of riding in the wind. Normally individuals carry drinks with them. The primary problem is on excessively hot (over 38°C) and/or humid days over 50% and where the member rides for over 1 hour at high intensity without consuming enough fluid. Long rides over 2-3 hours at a moderate intensity also constitute a significant risk.

Running poses the greatest risk, especially when the heat and humidity are high.

Guideline

Swim

All swims (pool, lake or beach) will take place as planned. It will be at the discretion of the coach, or earlier decision by the Committee, whether the session proceeds. A decision will be made as to no wetsuits being worn during the swim (lake or beach) at the scheduled commencement of the training session unless cancelled earlier.

Ride

All rides will take place as planned. Where the predicted temperature for the day of the proposed ride, as confirmed by the television or radio news service the evening prior, is 38°C or more the training session will likely be shortened to minimize the risk of heat illness. All riders are expected to carry two full drink bottles where the predicted temperature is 30°C or more.

It will be at the discretion of the coach whether the session continues.

Run

Where the predicted temperature for the day of the proposed run, as confirmed by the television or radio news service the evening prior, is 38°C or more the training session will be cancelled.

Where applicable any session can be cancelled at the determination of the Club Coach, or a decision by the Committee, at any time. Urgent email (or other) notification to members will be provided as early as possible.