



# HOT WEATHER POLICY

Document Number: <<insert number>>  
Version: 2  
Drafted by: Karen Guazzelli  
Approved by board on: 12 February 2010  
Scheduled review date: February 2011

## INTRODUCTION

Move Through Life (“MTL”) has a responsibility to ensure the health and wellbeing of participants and facilitators. In fulfilling this responsibility, Move Through Life has a duty to provide and maintain an environment that is safe and to minimise risks to health.

MTL recognises and acknowledges that environmental factors such as heat and humidity can and do affect the health and safety of those involved in dance activities.

## PURPOSE

The purpose of this document is to provide guidance to organisers, facilitators and dancers during periods of extreme heat to minimise the risk of heat stress, heat stroke or other heat-related health problems that may arise in association with dance activities.

## DEFINITIONS AND ACRONYMS

### MTL

Move Through Life Inc and Move Through Life Dance Company.

### Dance Activities

Any dance classes, workshops, master classes, rehearsals and performances organised by MTL.

### Facilitators

Anyone delivering or supervising dance activities engaged by MTL.

### Participants

Anyone participating in dance activities organised by MTL.

## POLICY

Generally, MTL will not cancel dance activities due to heat or humidity. Instead, it is the personal responsibility of participants and facilitators to observe the following guidelines and exercise in a manner appropriate to the weather conditions at the time.

## Responsibilities

### Board of MTL

- Approve the policy and review annually.
- Consult with stakeholders as to the relevance of and adherence to the policy and amend the policy as and when required.

### Director of MTL

- Circulate the policy to participants and facilitators and publish the policy in a manner which is accessible to members of the general public.
- Take reasonable steps to ensure the policy is adhered to in all dance activities overseen by MTL, either directly or through delegated authority.
- Ensure participants are provided with information about how to stay safe while dancing in hot weather, either directly or through delegated authority

### Facilitators

- Be aware of forecast temperature on the day of the dance activity
- Adhere to the guidelines and procedure outlined in the policy.
- Communicate the policy to others if required.
- Advise the Director or the Board of MTL if the policy requires amendment.
- Be aware of the signs of heat stress, heat stroke and other health-related conditions
- Have an understanding of how to recognise and respond to signs of heat stress, heat stroke and other health-related conditions.

### Participants

- Be aware of forecasted heat waves that may occur on the day of the dance activity.
- Adhere to the guidelines and procedure outlined in the policy.
- Pay attention to any physical changes while participating in any dance activity and take appropriate steps to reduce the potential onset of heat related illnesses eg if you feel unwell stop or reduce dance activity immediately.

## Procedure

### Guidelines for Participants

- Be aware of any forecasted heat waves that may occur on the relevant day of dance activities.
- Bring personal supply of water or other appropriate fluids (such as isotonic sports drinks) to dance activities.
- Drink water or other appropriate fluids before, during and after dance activities.
- Wear clothing which allows easy evaporation of sweat from skin.
- Prepare personal cooling items such as spray bottle containing cool water and/or hand towel that can be dampened and applied to face and/or body when required.
- Advise facilitators prior to commencement of, and during, dance activities if feeling unwell or recovering from recent illness.
- Withdraw from dance activities if feeling unusually fatigued, distressed or unwell.
- Undertake dance activities at low or moderate intensity level.

### Guidelines for Facilitators

- Check the weather forecast for the relevant day of dance activities.
- Ask participants if they have any particular medical conditions that may be affected by the heat prior to commencing dance activities.
- Reduce intensity of dance activities.
- Where practicable, monitor participants for signs of heat fatigue and/or distress.
- Withdraw participants from dance activities if they are or appear to be unusually fatigued, distressed or unwell.
- Encourage participants to take regular breaks during dance activities.
- Encourage participants to consume adequate fluids before, during and after dance activities.

### RELATED DOCUMENTS

- Health Policy
- Safe Dance Policy
- Sports Medicine SA, *Beat the Heat – playing and exercising safely in hot weather fact sheet*

### REVIEW

This policy will be reviewed annually by the MTL board and amended as appropriate.