

# Hot Weather Management Plan

These are general tips; some may be more relevant depending on your event

## All Events

- If temperatures predicted are over 28°C, get in touch with your CRUK staff contact, who will flag to the H&S Team
- Communicate with your team in advance. Suggested comms can be found below
- Take care of your team by doing welfare checks:
  - Make sure they stay hydrated
  - Let them take breaks out of the sun
  - Have some SPF30 sun cream available
- Be sun safe:
  - [How to enjoy the sun safely](#)
  - Apply SPF30 sun cream and reapply regularly throughout the day
  - Stay in the shade where you can
  - Stay hydrated
- Put out 'sun safe' social media posts for your participants
  - Bring water
  - Be sun safe (as above)
- Have drinking water and ice lollies available for your volunteers
- Have a welfare manager to take water, snacks and sunscreen out to volunteers.
- If you have volunteers or marshals on your site, track or course, place them in shaded areas or use gazebos or umbrellas to provide shade
- Have a cooling kit on site: cool box, water and ice (10kg). You can use this to help cool people who are suffering from heat exhaustion and cool your team
  - Top tip: use sandwich bags to break ice into useable chunks to help with cooling

- Brief committee members and volunteers on recognising heat stress illness, see heat stress symptoms below.
- Where needed, bring in extra first aid coverage

## Walks, Runs & Hikes

- Avoid the hottest parts of the day, can you move your start time earlier?
  - Generally, the hottest part of the day is between 1pm and 7pm.
- Change your messaging and stage content/announcements telling people that it is very hot and they need to take care of themselves.
  - Be sun safe (as above)
  - Stay hydrated
  - Walk don't run: it's not the day for a PB
  - Rethink the fancy dress
- Have extra water available for participants.
  - Extra water stations along the route
  - Sleeves of paper cups at your event hub
- Re-route your event to take advantage of shade
- Check you have sufficient first aid coverage

## Staff and Volunteer Comms

Please do come prepared to keep yourself cool and safe in the sun.

- If you have a spare umbrella, please bring this to give yourself some shade, do give yourselves breaks in the shade under trees
- **Remember** to bring a full water bottle to keep you hydrated, you will also be able to re-fill this at the volunteering marquee meeting point.
- **Cover up** with clothes, a wide-brimmed hat and UV protection sunglasses.
- **Use sunscreen** with at least SPF30 and 4 or 5 stars. Use it generously, reapply regularly and use together with shade and clothing.
- If you are super prepared, how about freezing a towel the night before to pop around your neck for a real cool down!
- Please be mindful of this beautiful weather as its super-hot!

Follow the link, for some top-tips on [How to Enjoy the Sun Safely](#)

# Heat Stress

Heat exhaustion and heat stress are conditions that can escalate rapidly with catastrophic consequences. This may be exercise associated collapse, heat exhaustion or heatstroke.

Common symptoms of heat related injury include headache, fatigue, muscle cramps, confusion, dizziness, nausea & vomiting, abdominal pain, diarrhoea, feeling hot or very cold.

## Heat Exhaustion Symptoms

- Headache
- Dizziness and confusion
- Loss of appetite and feeling sick
- Sweating with pale clammy skin
- Cramps in the arms, legs and stomach
- Fast, weakening pulse and rapid breathing

## Heat Stroke Symptoms

- Headache, dizziness and discomfort
- Restlessness, confusion or unusual behaviour
- Hot flushed and dry skin
- A fast deterioration in the level of response
- A full bounding pulse
- Body temperature above 40°C (104°F).

## What to do?

If you suspect someone is suffering from heat exhaustion or heat stroke

- Get the person out of sun and into a shaded area
- Encourage them to drink water
- Cool them by
  - Removing outer layers
  - Fanning them

- Spraying them with water
- Applying ice packs or cold, wet towels to their neck and armpits
- Get them medical attention as soon as possible, if you suspect heat stroke, call the emergency services

## Further info

There is some great advice from St John's Ambulance and we'd encourage you to watch these two videos:

Heat Exhaustion

<https://www.youtube.com/watch?v=R6VdoV8dZRc>

Heat Stroke

[https://www.youtube.com/watch?v=jvGC\\_dQJUtE](https://www.youtube.com/watch?v=jvGC_dQJUtE)