



## Warm Weather & Heat Stress Policy

Last Updated: July 2023

Singapore's climate has warm weather conditions that can go up to 35 degrees celsius and 100% humidity. As Centaurs Activities include high intensity exercise in these warm conditions, a player, coach or spectator's risk of dehydration and the onset of heat stress / injury is elevated.

This policy applies to all Centaurs Activities including sports training, matches, camps, clinics and parties whether in Singapore or overseas.

### Warm Weather & Our Response: as per Singapore Ministries

Our policy is in line with Singapore ministries and the response is to mandate more rest and rehydration breaks - the "work-rest cycle".

The **Work-Rest Cycle** in accordance with Wet-Bulb Globe Temperature (WBGT) that Ministries in Singapore use as reference. The WBGT metre measures environmental conditions including air temperature, air humidity, air movement and level of solar radiation.

| Status   | WBGT °C      | Work-Rest Cycle to be implemented |
|----------|--------------|-----------------------------------|
| High     | ≥32 °C       | 15 mins work - 5 mins rest        |
| Moderate | 31° - 31.9°C | 20 mins work - 5 mins rest        |
| Low      | <31°         | 30 mins work - 5 mins rest        |

### Who is responsible for monitoring WBGT?

For official Centaurs Activities a designated member of staff such as a Sports or Activities Director, is responsible for monitoring WBGT via website at <https://www.wbgt.sg/> and the myENV's Heat stress map: <http://www.weather.gov.sg/heat-stress/>

### What action must be taken to prevent heat injuries?

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Coaches and volunteers should observe the work-rest cycle to allow players to cool down and rest from the heat. Players should hydrate frequently if they feel thirsty or are sweating profusely.

During rest periods, Coaches should try their best to get players to rest under a shaded area. Coaches should make frequent observations on players' condition to identify any players that display signs of heat stress.

### What are the signs of Heat Stress?

These following stages escalate in severity (e.g. untreated dehydration leading to heat exhaustion). All signs and symptoms in any member of our community should be treated seriously and be acted upon. It is important to remember that we have minors in our care who may not be able to recognise or verbalise how they are feeling.

| <b>Severity</b> | <b>Status</b>   | <b>Symptoms</b>   |
|-----------------|-----------------|---|
| 1               | Dehydration     | thirst, lethargy, headache  |
| 2               | Heat Exhaustion | heavy sweating, cold & clammy skin, nausea, vomiting, muscle cramps, dizziness                    |
| 3               | Heat Stroke     | high body temperature, hot and red skin, confusion, dizziness, rapid pulse, loss of consciousness |

\*Source: <https://www.channelnewsasia.com/singapore/school-uniforms-primary-students-hot-weather-moe-3483731>

### What to do if a player is displaying signs of Heat Stress?

- 1) Move the player to a shaded area.
- 2) Inform medic or first aider on site.
- 3) Instruct the player to sip on water provided.
- 4) If there are available ice packs - place ice-packs on 3 points: neck, armpits and groin area.
- 5) Monitor the player for 15 minutes. If the player continues to feel headache/dizziness, inform parents and advise them to proceed to A&E.

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