



Recommendations to avoid HEAT-RELATED CONDITIONS

(from various Health Departments/Websites)

- Wear clothes that cover as much skin as possible to protect against permanent skin damage.
- To provide protection for exposed skin when outside, use sunscreen (slip, slop, slap). The Cancer Council recommends using sunscreen every day on days when the [UV Index](#) is forecast to be 3 or above. (SPF50+ filters out 98% of UVB radiation; SPF30 blocks out 96.7% of UVB).
- Wear a well-vented, wide-brimmed hat (at least 7.5 cm width) to protect your face, head, neck and ears from the sun.
- Sunglasses should be worn.
- Drink plenty of water (2 to 3 litres) at regular intervals before and regularly during the day/ play even if you're not thirsty - if you have become thirsty you are dehydrated and are more likely to suffer from a heat-related illness. **NOTE:-** If dehydrated, Qld Health recommends not to drink alcohol, soft drinks, tea or coffee. (Check with your doctor if you are on limited fluids or fluid pills.)
- Avoid drinking extremely cold liquids as they can cause stomach cramps.
- Whenever possible move into the shade.
- Consider the use of an umbrella.
- Consider the use of a neck cooling collar or cooling vest.
- Eat smaller meals more often and cold meals such as salad.
- Normal body temperature should be between 36.1°C and 37.8°C.

NOTE: Game organisers should be aware of BQ's Extreme Weather Policy and apply it accordingly.