





We are writing ahead of this weekend's Reading Amateur Regatta to share important hot weather guidance for all athletes, coaches and families attending Dorney Lake this weekend. Temperatures this weekend are forecast to be significantly higher than those we have experienced in recent days, and we want to make sure every Coach and competitor arrives prepared, stays safe, and enjoys the racing.

UNDERSTANDING THE HEAT RISK - WHAT THE TEMPERATURES MEAN


The internationally recognised measure of heat risk in outdoor sport is the Wet Bulb Globe Temperature (WBGT). For the RAR we look at the WBGT at Reading University which is available online. The table below shows the four risk levels:







RISK LEVEL	AIR TEMPERATURE	WBGT
 LOW	Below 25°C	Below 21°C
 MODERATE	25°C – 31.9°C	21°C – 24.9°C
 HIGH	32°C – 37.9°C	25°C – 31.9°C
 EXTREME	38°C and above	32°C and above

Source: World Rowing Sports Medicine Commission Hot Weather and Heat Safety Guidelines (updated 24/07/2021)


BEFORE YOU ARRIVE - PREPARATION STARTS AT HOME


The most important thing an athlete can do on a hot race day begins the night before. Please ensure your athlete arrives at Reading well prepared:


-  Hydrate the day before - not just on race day. Dehydration is much harder to reverse than to prevent. Aim for at least 2 litres of water in the 24 hours before racing.

-  Eat well and include salt. Sodium is lost through sweat and is essential for preventing heat cramps and maintaining performance. Include salted foods in pre-race meals.
-  Get a good night's sleep. Rest significantly improves the body's ability to regulate temperature in the heat.
-  Apply high-factor sunscreen before leaving for the venue. Re-apply regularly throughout the day, particularly after time on the water.
-  Wear appropriate clothing. Light-coloured, loose-fitting, breathable fabrics are strongly recommended. Keep long sleeve tops wet to help with cooling.
-  Bring a sun hat or cap - **ideally one that can be soaked with water to help regulate temperature between races.**
-  Pack more water than you think you need. 2 litres per day plus 1 litre per hour of exercise, with an additional litre for every 5°C above 25°C as a guideline.

RAR has a water point on Thames Prom, shaded area and a medical centre on site throughout the event. Please follow this guidance throughout the day:

 Set up your base camp in the shade wherever possible. Thames Prom has natural shade along the tree line - please use your camps between races. Try and limit the amount you walk around between races.

 Drink continuously throughout the day - not just when thirsty. Thirst is a late indicator of dehydration. Athletes should be drinking small amounts regularly.

 After each race, cool down immediately with water. Do not lie down in direct sunlight after racing - this can impair circulation. Instead, use water to cool the face, neck and wrists.

COACHES - Please pay extra attention to athletes in these groups:

Athletes with the following conditions require additional care and monitoring in hot weather:

- ▶ Asthma — heat and exertion can exacerbate symptoms. Ensure inhalers are accessible at all times.

- ▶ Diabetes — blood sugar management is disrupted by heat and heavy exercise. Monitor carefully.
- ▶ Heart conditions — cardiac function is under additional strain in heat. Coaches should be aware.
- ▶ Athletes on regular medication — some medications reduce heat tolerance.

RAR takes its duty of care to all competitors, seriously. The following measures will be in place on Thames Prom throughout the event:



Fully staffed medical centre on site throughout the day, equipped and trained for heat-related illness.



Free water point located across the venue. Bring refillable bottles



Shaded main marquee for all to use.

QUICK CHECK LIST

THE NIGHT BEFORE	ON THE DAY
<ul style="list-style-type: none"> ✓ Drink plenty of water ✓ Eat well — include salt in your meals ✓ Prepare light, breathable clothing ✓ Pack sunscreen, hat and extra water ✓ Get a full night's sleep 	<ul style="list-style-type: none"> ✓ Drink little and often — all day ✓ Apply and re-apply sunscreen ✓ Rest in shade between races ✓ Cool down with water after racing ✓ Know the signs of heat illness ✓ Tell a coach if you feel unwell