



# SOUTHERN VALES DRESSAGE CLUB INC

## **HOT WEATHER POLICY**

### **HEAT STRESS IN SPORT**

The risk of heat illness is increased in hot and humid weather, because people may not be able to sweat enough for adequate cooling and high humidity may prevent adequate evaporation of sweat. Whilst the focus of research and these guidelines is aimed at the rider, our goal must also be the welfare of the horse and so their work levels balanced against the heat and humidity must also be considered as well as the cooling techniques and the knowledge of their owner / rider / person responsible. For more information please go to the following link on the ESA website.

<http://www.sa.equestrian.org.au/default.asp?Page=16896>

## **Southern Vales Dressage Club Policy and Information**

Southern Vales Dressage Club will automatically cancel events when the forecast for the Noarlunga area on the Friday evening edition of the ABC news before the event is for a temperature of **35°C or above**. The website will be updated upon the completion of the weather forecast or no later than 12 noon on the Saturday before the competition.

Riders are asked to listen to the weather forecast and either visit the website for updated information or contact the Convenor (telephone number listed on the draw) to confirm the status of the competition.

## **WET WEATHER POLICY**

### **Southern Vales Dressage Club Policy and Information**

Southern Vales Dressage Club will assess the state of the grounds following heavy or consistent rain prior to a competition. A decision on the state of the grounds will be made on the Thursday prior to the competition; no information will be available prior to this time. Once a decision has been made it will be posted on the Southern Vales Dressage Club website. Where there is the possibility of an event being cancelled due to poor weather, it is the responsibility of the competitors to ensure that they check the Southern Vales Dressage Club website on the Friday evening for information.