



Race Official's Health Information

Dr Brent May, Chief Medical Officer

Your health is very important to us. This document details a few ways in which you can help protect yourself and your health.

Personal Health Management

A number of race officials have health issues occur at an event. Many of these race officials have a pre-existing illness that has deteriorated. Many of these illnesses can be prevented by some simple measures that we hope you follow:

- Make sure your health is optimised before an event - see your GP. Everybody should have a GP who they see regularly
- Bring your medications and take them as prescribed
- If you have significant medical problems, or multiple medications, bring a summary from your GP and carry it with you at the event
- If you have an injury or illness that may prevent you from performing a particular role or function, please let us know prior to the event
- Bring Personal Protective Equipment - gloves, sunglasses, hat and appropriate clothing and footwear for your role

If you do have a significant health issue at an event, please notify your senior team member and be seen by the medical team.

Finally, and most importantly, look after yourself and your colleagues. Make sure you get plenty of sleep, sustenance, hydration and rest. Prevention is much better than a cure!

Exposure

Exposure to cold or heat can lead to a serious illness. You must be aware of the temperature, the environment and how to protect yourself from it. It is easier to prevent exposure than trying to deal with it once you are already suffering from its effects.

Prevention from exposure includes having appropriate clothing and footwear, drinking plenty of fluids, reducing your alcohol intake and eating regularly. You should move to an appropriate environment early if you are suffering from the effects of exposure. A short break may prevent you missing a whole day!

Keep an eye on each other. You may not notice the symptoms yourself, but others may notice that you are acting differently. Changes in behavior and level of alertness should warn others that you have a problem.

Cold Exposure

Often incorrectly termed "Hypothermia", cold exposure can lead to several stages before true Hypothermia - a core temperature of less than 35 degrees Celsius - exists. A cold, wet and windy day is the highest risk environment for cold exposure to occur. Risk Factors.

- Fatigue
- Hunger
- Alcohol
- Dehydration
- Drugs/Medications
- Exhaustion
- Medical problems - especially heart or circulatory problems

There may be a variety of symptoms that exist with cold exposure. These include uncontrollable shivering, feeling like you can't get warm, loss of concentration, loss of coordination and lethargy. With further heat loss and hypothermia, you may also get confusion, drowsiness and respiratory problems - these are late signs and require URGENT medical intervention. Treatment of cold exposure includes.

- Keep active
- Move out of the cold
- Remove wet clothing and replace with dry, warm clothing
- Warm fluids and food
- Do not rub or massage, and do not give alcohol to the affected person

Get medical advice if you or the person involved have significant symptoms or are not responding to treatment.

Heat Exposure

Heat exposure can lead to a variety of symptoms and may be made worse by associated sunburn. Symptoms of heat exposure may also be called "heat stroke", "sun stroke" or "heat stress". The highest risk is when there is a hot, dry, windless day with direct sun.

The risk factors for heat exposure are similar to cold exposure but the emphasis must be placed on dehydration, heavy activity and exhaustion.

Symptoms of heat exposure include high temperature, hot dry skin, dry tongue and lips, headache and rapid pulse. With more severe exposure there may be confusion, nausea and vomiting, dizziness and collapse - these require URGENT medical intervention. Treatment of heat exposure;



- HYDRATION - cool liquids (non-alcoholic)
- Protect from the direct sunlight
- Cool environment with circulating air
- Lightweight clothing
- Small regular meals

Get medical advice if you, or the person involved, have significant symptoms, confusion, dizziness or are not responding to treatment.

Occupational Health

It is very important that you have the appropriate equipment for your role. This includes personal protective equipment including ear plugs, gloves, appropriate footwear and weather protection (sunscreen, hat, waterproof clothing, etc.). This will reduce the likelihood of an injury. You should also use mechanical aids and proper technique when lifting heavy weights including bikes.

The environment around your track position is also important. Make sure you report any risks to your senior official and remove any hazardous material, particularly tripping hazards, from your area if safe to do so. We want you to have a safe and enjoyable event.

If you have a complex medical history or difficult to control illness, it is in your best interests to send an email with your health summary to the Chief Medical Officer at; cmo@ma.org.au