Dirt Karting of Australia

WEATHER GUIDELINES

FEBRUARY 2025

INTRODUCTION

Australian Independent Dirt Kart Association (AIDKA) Hot Weather Guidelines have been adapted from Sports Medicine Australia policies and guidelines regarding the prevention of heat illness in sport in children and adults. It should be noted that these are purely guidelines. They should be considered not just for competitors, but also for stewards, officials and volunteers involved in the sport. AIDKA guidelines are for all events and in all weather conditions as a duty of care for all involved.

The risks involved with heat illness from vigorous exercise are significant. While the lower activity levels of dirt karting compared to athletics mean that the risks are somewhat reduced, the individual response to heat varies from person to person and therefore no hard and fast guidelines will suit every member of a population.

Those who need to be especially vigilant include children, overweight people, those unacclimatised (having come from cooler climates), those who are unwell or otherwise at risk.

Factors which impair the body's ability to dissipate heat are:

- High ambient temperature
- Solar radiation
- Humidity (which compromises the efficacy of sweating)
- Dehydration

HOT WEATHER

Irrespective of the predicted maximum temperature, all volunteers, drivers, support crew, and spectators should take into consideration:

- the ambient temperature
- the relative humidity
- the individuals physical tolerance and health conditions

To assist with making your own personal decision to compete or to assist, the following document is available to ensure you understand the implications, risks and suggested precautions:

- Sports Medicine Australia – Beat the Heat
  https://sma.org.au/wp-content/uploads/2023/03/beat-the-heat-2011.pdf

Also some useful hints listed below:

Officials, volunteers and all participants are often exposed to the possibility of heat illness, not only by the temperature of the day but by factors such as length of exposure, intensity of the sun (UV index) and physical intensity required by their task.

To reduce the onset and effects of heat illness:

- take adequate rest breaks
- provide access to adequate supplies of cool drinking water
- drink 200ml of water at frequent intervals, but no more than 1.5 litres per hour
- provide adequate shade
- include a wide-brimmed hat with neck guard, sunscreen, sunglasses and a water bottle in your personal protection equipment
- cool off in low humidity with water mists from spray bottles
- rotate officials through work tasks and environments without disrupting the event
- remove heavy protective clothing such as balaclavas, racing suits when appropriate between events
- wear loose, light-coloured clothes made from wicked or natural fibres

Officials are required to discuss any concerns they may have regarding heat illness risks with the event organiser. Drivers and crew should discuss concerns with their team.

NO PERSON IS FORCED BY AIDKA OR ANY AFFILIATED CLUB TO PARTICIPATE IN ANY RACE OR EVENT.

For the purposes of these guidelines, all weather references will be taken from the Bureau of Meteorology APP. This is to be the only recognised source for weather information and can provide a forecast for any location in Australia, along with hourly forecasts for temperature, wind, gust, and rain for the next 72 hours.

The table below is taken from Sports Medicine Australia's policies.
Note: -
1. These guidelines are for generally more strenuous activities than dirt karting.
2. The table provides an approximate guide to weather conditions and appropriate individual responses. There are not clear demarcations in risk between temperature ranges.

Ambient temperature	**Relative humidity**	**Risk of thermal injury**	**Possible modifying action for vigorous sustained activity**
15 – 20°		Low	Heat illness can occur in distance running. Caution over-motivation
21 - 25°	> 60%	Low – mod	Increase vigilance. Caution over-motivation
26 - 30°	> 50%	Moderate	Moderate early pre-season intensity. Reduce intensity and duration of training/play. Take more breaks.
31 – 35°	> 30%	High – very high	Limit intensity; Limit duration of activity to less than 60 mins per session.
36° & above	> 25%	Extreme	Consider postponement to a cooler part of the day or cancellation.

AIDKA Affiliated Clubs will review the above table and hot weather conditions prior to every meet and will either:

a) cancel the meet if the forecasted maximum temperature on the Bureau of Meteorology APP states the maximum temperature and/or conditions for that day to be unsuitable for dirt karting for the area.

b) reschedule the start time of the event (i.e. the time that sign on/scrutineering commences) to another part of the day, so that the event can be run when the temperature is suitable as forecasted on the Bureau of Meteorology APP.

This decision will be made as soon as practical, to which the Committee will take into consideration: -
The ambient temperature and relative humidity combined
- The start time of the meet
- The likelihood of a cool change arriving prior to start time
- Reschedule the start time of the event to cooler conditions
- All participants including stewards, officials and volunteers

WET WEATHER

AIDKA Affiliated Clubs will review wet weather conditions prior to every meet and cancel the meet if excessive precipitation has occurred in the lead up to the meet or is forecasted for race day on the Bureau of Meteorology APP.

This decision will be made as soon as practical, to which the Committee will take into consideration: -
The ambient temperature and relative humidity combined
- The start time of the meet
- The chance of further rain and/or inclement weather during the event
- All participants including stewards, officials and volunteers

CONTINUAL MONITORING

In the interest of all, the Club will continue to:

- Review weather and track conditions throughout every meet
- Cease racing if weather is considered extreme and unsafe
- Cease racing if track conditions are considered extreme and unsafe
- Extend breaks between heats to reduce associated risks

At a title event where the event has started the AIDKA Race Director, Chief Steward and the Host Club Representative will consider all the above guidelines and determine the best way to complete the event. Some of the above directions may need to be extended to complete the event in the best interests of all competitors and the host club.

COMMUNICATION OF CANCELLED MEET OR WEATHER WARNINGS

The Clubs will endeavour to communicate meet cancellations or weather warnings as soon as practically possible.

It is the individual's responsibility to ensure they are aware of weather conditions and forecasts for the area leading up to race day.

The Clubs will do their best to ensure all persons concerned are contacted in a timely manner. The Committee will make the announcements if applicable via:

- the Club Facebook page
- the AIDKA APP notification system

These guidelines should be read with other resources available from Sports Medicine Australia which include:

1. Preventing Heat Illness in Sport
2. Hot weather guidelines
3. Beat the Heat brochure

All are available for download from www.sma.org.au

NOTE: The guidance relating to when to suspend or cancel an event when operating in accordance with these guidelines is advisory and general in nature and should not be relied upon to meet individual or specific requirements. It is guidance for voluntary application by Clubs. It is not binding on any person or organisation and has no legal force. This guidance will not cover each and every circumstance nor can it, when adhered to, entirely eliminate the risk or possibility of loss or injury. Consequently it should be used as a guide only. Whenever using the information contained in these clauses Clubs should carefully evaluate the risks associated with their Club. These clauses are made available on the express condition that AIDKA, the authors, consultants and advisors who have assisted in compiling and drafting the guidance are not rendering professional advice to any person or organisation and make no warranties with respect thereto and to the maximum extent permitted by law disclaim all liability and responsibility for any direct or indirect loss, damage or liability which may be suffered or incurred by any person as a consequence of reliance upon anything contained in or omitted from this publication.