

BUSTING OUT OTTAWA DRAGON BOAT CLUB

Heat and Humidity Policy

Effective Date: 11 AUGUST 2025

Approved By: Busting Out Ottawa Dragon Boat Club Board of Directors

1. Purpose

This policy ensures the safety of Busting Out Ottawa Dragon Boat Club (BOODBC) members during extreme heat/humidity occurrences by establishing guidelines to mitigate risks associated with being active during high heat and humidity occurrences.

2. Applicability

This policy applies to all BOODBC members participating in outdoor training, races and events during hot and humid weather conditions.

3. Paddling Protocols

The BOODBC Health and Safety Committee (H&SC) has established the following thresholds for determining intensity of practices during high heat/humidity occurrences. Training and/or races will be adjusted as these thresholds are reached:

Heat only Temperature	Risk
30°C – 32°C	(Moderate Risk): Increased hydration and cooling measures as required.
33°C – 35°C	(High Risk): Training intensity reduced, increased hydration breaks as required. Team members will be given a notice of modification of practice. When this notice is given, an option to withdraw is also given ; team members will have the choice to withdraw from practice without incurring an attendance penalty affecting festival participation.
36°C+	(Severe Risk): Training cancelled

Combined Heat/Humidity Temperature	Risk
30°C – 32°C	(Moderate Risk): Increased hydration and cooling measures as required.
33°C – 39°C	(High Risk): Training intensity reduced, increased hydration breaks as required. Team members will be given a notice of modification of practice. When this notice is given, an option to withdraw is also given ; team members will have the choice to withdraw from practice without incurring an attendance penalty affecting festival participation.
40°C and higher	(Severe Risk): Training cancelled

4. Notification

The BOODBC H&SC is responsible for monitoring weather conditions and will inform the

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Board of potential modifications or cancellations prior to informing team members and coaching staff.

The BOODBC H&SC will provide notification through TeamSnap Alerts. A cancellation or practice modification notice will also be posted on the BOODBC FaceBook page. The H&SC will also email the Rideau Canoe Club to ensure notification can be given to coaches and steerspersons not on the BOODBC roster.

Notification will be provided by 3:00 pm on the day of practice.

Team members are responsible for monitoring alerts/notifications to ensure proper notification of practice modification or cancellation.

5. Weather Information

The H&SC uses Environment Canada website <https://weather.gc.ca> and Weather Can (Environment Canada's weather app) as the reference for temperature and humidex.

6. Adjustments to Training & Racing

Practice routines and race plans will be modified by BOODBC coaches during heat/humidity occurrences that do not meet the cancellation threshold.

Hydration breaks will be increased; intensity of training will be reduced to ensure paddler safety.

Should high heat/humidity risk be identified during a festival, BOODBC will adapt race plans and related activities, and will follow directives from local race officials.

7. Hydration & Cooling Measures

Paddlers should ensure that they have water available during practice and increase consumption of water.

Hydration breaks will occur more frequently during training and before and after races; electrolyte consumption is also recommended during heat/humidity occurrences. Other measures, including cooling towels, should also be considered.

8. Paddler Responsibility

Paddlers must bring water on the boat for hydration breaks. Failure to do so may, at the discretion of coaching staff, result in a denial of participation in practice during heat/humidity occurrences to ensure safety/mitigate health risks.

All BOODBC members are responsible for reading and following this policy.

Paddlers must monitor their own physical condition and report any heat-related distress.

Proper lightweight, breathable clothing should be worn to reduce heat retention.

Sunscreen, hats, sunglasses, and UV-protective gear are recommended.

Excessive caffeine intake should be avoided, as it contributes to dehydration.

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9. Signs of Heat-Related Illness & Response

Paddlers, steerspersons and coaches must recognize the following symptoms:

Heat Exhaustion: Heavy sweating, dizziness, nausea, cramps, fatigue.

Heat Stroke: Loss of consciousness, confusion, rapid heartbeat, skin that is hot but not sweating.

10. Emergency Actions:

Affected individuals must inform their seat mate and immediately stop paddling; the paddler OR seat mate will inform the coach; the boat should return immediately to dock.

In-boat cool-down measures (water, wet towels, clothes/clothing) must be applied and should continue upon return to dock.

If symptoms persist, medical assistance must be sought immediately.

11. Policy Review & Updates

This policy will be reviewed annually and updated as required based on environmental conditions and medical recommendations.

This policy will be available for all members to consult at the following location: XXXXXX