

Hockey Hong Kong, China

Hot Weather Arrangement for Training

According to the latest guidelines on work and leisure activities under extreme hot weather from Hong Kong Observatory, Hockey Hong Kong, China (HockeyHK) has issued regulations on hockey activities under extreme hot weather for coaches and players' reference:

Hong Kong Heat Index	Training Arrangement
30 - <32 Yellow Alert	Arrange rest and/or water break of a minimum 5 minutes for each section of training not longer than 15 minutes
32 - <34 Red Alert	
>= 34 Black Alert	

1. Training:

i) Hydration

To prevent coaches and players from dehydration and risks of getting heatstroke during trainings, when the Heat Index reaches alert level, coaches should advise players to bring 750-1000 ml of water per hour of training i.e. to consume 250-500 ml of water per 15-20 minutes of training.

ii) Shaded Rest Areas

Coaches should arrange locations with shade/away from sunlight for players to rest to prevent constant heat from the sun and high temperature.

iii) Symptom Monitoring & Immediate Response

Pause training immediately and assess any player exhibiting symptoms of heat-related illness:

- o Heat Cramps / Febrile Convulsion: Muscle pain or spasms in limbs or abdomen.
- o Heat Syncope: General dizziness, particularly when changing body positions after standing or sitting for extended periods.
- o Heat Exhaustion: Headache, shortness of breath, nausea, heavy sweating, elevated body temperature, thirst, or confusion.
- o Heatstroke: Body temperature rising to 41°C or higher, body cramps, hot and dry skin, or loss of consciousness