



GUIDANCE

Sun Care and Hydration

WFDF 2024 World Team Disc Golf Championship

Mundaring, Perth, Australia

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Sun Care, Sunburn, and Heat Stroke: Treatment and Precautions

In November, Mundaring enjoys long daylight hours, making it an ideal time for outdoor activities, but also increasing the need for proper sun protection. On the first day of November, **sunrise** occurs at **5:17 AM** and **sunset** is at **6:40 PM**. By the last day of the month, **sunrise** is earlier at **5:02 AM** and **sunset** extends to **7:05 PM** AWST. This means participants will experience extended exposure to sunlight, especially during the middle of the day when UV levels are at their highest.

The **UV Index** in Mundaring during November can reach '**Extreme**' levels, particularly between **10 AM and 4 PM**, meaning UV protection is essential. The harsh Australian sun, especially in comparison to northern hemisphere climates, can cause quicker sunburns and more severe long-term skin damage. This is due to the higher position of the sun in the sky and Australia's proximity to the ozone layer hole over the Antarctic, which increases UV radiation levels.

Key Sun Protection Tips

- **Sunscreen:** Always apply broad-spectrum sunscreen with an SPF of 30 or higher, and reapply every two hours, especially if you are sweating or after water exposure.
- **Clothing:** Wear long sleeves, wide-brimmed hats, and sunglasses to protect exposed skin.
- **Seek Shade:** When possible, stay in shaded areas during peak UV hours, especially between **10 AM and 4 PM**.
- **Hydration:** Keep hydrated throughout the day, as the sun and warm weather can lead to dehydration.

Treatment for Sunburn

If you experience sunburn, it's essential to take immediate action to minimize discomfort and damage:

1. **Cool the Skin:** Apply cool, damp cloths to the affected areas or take a cool bath. Avoid ice directly on the skin.
2. **Moisturize:** Apply aloe vera or a moisturizing lotion to soothe the skin. Avoid heavy creams or petroleum-based products that can trap heat.
3. **Stay Hydrated:** Drink plenty of water to help your body recover from the dehydration caused by sunburn.

4. **Pain Relief:** If needed, take over-the-counter pain relievers such as ibuprofen or paracetamol to help reduce swelling and pain.
5. **Seek Medical Attention:** For severe burns, blistering, or signs of infection, **visit the first aid station on-site** for immediate assistance. If more advanced treatment is required, there are hospitals in Perth that can be attended.

Note: For international travelers, hospital visits are not free in Australia, and you may be required to cover costs for medical care. **Ensure you have comprehensive travel and medical insurance** to avoid unexpected expenses.

Recognizing and Treating Heat Stroke

Heat stroke is a serious condition caused by prolonged exposure to high temperatures or strenuous physical activity in the heat. It can occur if the body's temperature rises to dangerous levels.

Symptoms of Heat Stroke:

- High body temperature (above 40°C / 104°F)
- Hot, dry skin (or heavy sweating in some cases)
- Rapid pulse and breathing
- Confusion, dizziness, or fainting
- Nausea or vomiting

Treatment for Heat Stroke:

1. **Call for Help:** Contact the **Tournament Director (TD)** or **first aid team** immediately. Heat stroke is a medical emergency and requires prompt treatment.
2. **Cool the Person:** Move the person to a shaded area or indoors. Remove excess clothing and use cool cloths, ice packs, or a fan to lower their body temperature. If possible, immerse the person in cool water.
3. **Hydration:** If the person is conscious and able to drink, provide cool water to sip slowly. Avoid giving any caffeinated or alcoholic beverages.
4. **Monitor:** Stay with the affected person until medical help arrives. Emergency medical treatment may be required to fully recover.

Once again, **international participants** should be aware that hospital treatments and ambulance transportation are **not covered** under Australia's healthcare system for visitors. It is strongly advised to have **travel insurance** that includes coverage for medical emergencies such as heat stroke.

By following sun safety measures and recognizing the signs of sunburn or heat stroke, participants can enjoy the long daylight hours in Mundaring while staying safe and healthy. The on-site **first aid team** is available to assist with any sun or heat-related conditions, ensuring your wellbeing throughout the tournament.

Drinking Water Safety

To ensure your health and well-being during your stay, please take note of the following important information regarding water consumption:

Safe Drinking Water Sources

- **Designated Water Stations:** Please use only the designated water stations provided at the event venues.
- **Public Taps and Fountains:** You may drink water from public taps and fountains that are clearly marked as safe for drinking.

Avoid Unsafe Water Sources

- **Natural Water Bodies:** Do not drink water directly from creeks, streams, or any natural water sources.
- **Restroom Facilities:** Water from toilets and restroom sinks is not safe for drinking.
- **Unmarked Taps and Faucets:** Avoid using taps or fountains that are not explicitly marked as safe for drinking.

Recommendation: We encourage you to carry a refillable water bottle and fill it at the designated safe water sources.

If you have any questions or need assistance, please do not hesitate to contact event personnel.