

## Fact sheet

# Exercise in hot weather and cancellation guideline

Extremely hot and/or humid weather conditions pose particular risks to the health of older persons and the Centre for Physical Activity in Ageing has an obligation to provide appropriate care and protection to clients participating in organised fitness classes. This includes the conduct of our exercise classes.

Exercise classes conducted by the CPAA at the Hampstead Rehabilitation Centre, and other locations, will be cancelled during exceptional environmental conditions.

### Exercise classes will be cancelled according to the following guidelines:

- > All classes, commencing from 10am, will be cancelled if the predicted maximum temperature is 38°C or more.
- > Pool classes will be cancelled if the predicted maximum temperature is 35°C or more.
- > We will be guided by the weather report, on the evening news, the day prior to your class for the predicted maximum temperature.
- > Those taking medication (for example, diuretics) need to be particularly careful as chronic dehydration can occur. If in doubt seek medical advice regarding your medications and their effects on exercise in hot weather.
- > It is crucial to slow down the pace of your exercise, that is, reduce the intensity of exercise during hot weather.

### It is strongly advised that all clients observe the following recommendations when intending to exercise on warm or hot days:

- > Only exercise if you really feel up to it. Avoid the feeling that you must exercise.
- > Drink at least 1 to 2 cups of water (500ml) before exercising (if possible, the water should be consumed about 15 minutes prior to commencing an exercise class).
- > Thirst is an inadequate stimulus and you should be replacing fluid well before you begin to feel thirsty. As a guide you should drink 2 to 3 litres of water during hot weather.

### Important information:

- > Although many individuals may remain largely unaffected by hot weather, some clients will be affected and should not attempt to exercise during such periods. Indeed, as a general rule you should not exercise if you are feeling overheated, unwell or tired.
- > Heat related problems can be largely avoided if clients observe these simple steps when contemplating exercise during warm or hot weather.

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## For more information

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