



Tips for Rowers : Rowing under very hot weather warning and to prevent Heat Stroke

Since the weather is very hot with high humidity in Hong Kong recently, anyone rowing in Hong Kong without prevention of Heat Stroke could be dangerous.

Rowing is unique water sports that not really need to touch with water at all. Water surface tends to reflect a considerable amount of ultraviolet light as much as ski sports. As such, preventive measures against Heat Stroke are necessary.

Suggested Preventive Measures:

1. Take plenty of water or other appropriate beverages to replenish the fluid and electrolytes lost through sweating during rowing;
2. Air permeable clothing enhances heat dissipation. Do not naked your body under direct sunlight;
3. Suitable hat can avoid exposure of face, neck and back to direct sunlight;
4. Suitable sunglasses can effectively avoid exposure of eyes to water surface reflective ultraviolet light;
5. Generously apply sunscreen to all exposed skin using a Sun Protection Factor (SPF) 15 or above and PA++ or above that provides broad-spectrum protection from both UVA and UVB;
6. Seek shade when appropriate and avoid prolonged rowing activities between 11am to 3 pm when the UV rays are most damaging;
7. Please always pay attention to the weather warning issued by the Hong Kong Observatory; (Website: <http://www.hko.gov.hk/contentc.htm> and Telephone: 1878-200)
8. Please stop the activity immediately and seek medical advice if feeling unwell;

Whenever temperature reach 35 degree Celsius, no matter the figure for humidity, below risk assessment / factors should be considered :-

1. Any common symptoms of heat stroke including headache, fainting or transient loss of consciousness, clammy skin and paleness etc ?
2. Any replenish of water or other appropriate beverages for the fluid and electrolytes lost through rowing?
3. Rowing clothes too thick or not air permeable enough?
4. Equipped with suitable hat and/or sunglasses?

Row Safe and Happy!

