



South Australian Little Athletics Association ASTHMA AWARE GUIDELINES

RATIONALE

Over 300,000 South Australians have asthma, affecting 1 in 4 children, in 1 in 7 teenagers and 1 in 10 adults. It is estimated that up to 80 % of these will experience symptoms during physical activity. Community education and correct management will assist to minimize the impact of asthma.

Little Athletics Centres can play a key role in providing a safe and supportive environment for members and visitors with asthma. With this in mind, SA Little Athletics recognises the need to educate its members, coaches, trainers, staff and volunteers about Asthma triggers and to promote responsible asthma management strategies.

It is recommended that all people with asthma regularly consult with their Doctor regarding their daily asthma management. However, to reduce the likelihood of an asthma emergency, during a SA Little Athletics Event and to ensure prompt treatment of an asthma emergency, strategies will be put in place to support the person with asthma.

AIMS

The Asthma and Sport Policy aims to:

- Raise the awareness of asthma within SA Little Athletics.
- Implement the necessary strategies to ensure the health and safety of all members with asthma at Centres/Clubs.
- Provide an environment in which members with asthma can participate fully in all available activities.
- Communicate a clear set of guidelines and expectations to be followed with regard to the management of asthma.

OUR COMMITMENT

SA Little Athletics is committed to providing a safe and enjoyable environment for people with asthma to attend and participate in the sport of Little Athletics. Asthma management should also be viewed as a shared responsibility. To create a supportive environment, each of the key groups within SA little Athletics are committed to the following undertakings:

Coaches and Officials will be encouraged to:

- Participate in accredited asthma first aid training programs
- Be aware of members with asthma within their care
- Encourage members to implement strategies to reduce the impact of Exercise Induced Asthma
- Where necessary, modify activities in accordance with a member's needs.
- Promptly communicate any concerns to the members or member's partner/carer should it be considered that a member's asthma is limiting his/her ability to participate fully in all activities.

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Members and Volunteer Officials/Coaches/Administration will be encouraged to:

- Take responsibility for their own health and safety
- Implement strategies to reduce the impact of Exercise Induced Asthma
- Ensure they carry or have available appropriate reliever medication at all times
- Take reliever medication as soon as symptoms develop, only resuming activity when symptom free
- Wherever practical, self administer their reliever medication
- Wherever practical discuss all relevant information and concerns regarding their asthma with their coach, official or Committee Member as the need arises
- See their doctor for a review of their asthma management if they are relying on reliever medication more than 3 times per week (apart from warm up procedures)
- If eligible for drug testing, and taking asthma medication, check the drug policy of the relevant National Sporting Organisation or contact the Drugs in Sport Hotline on 1800 020 506.

Parents/Carers will be encouraged to:

- Provide and update as required, all relevant information regarding the junior members asthma via the Asthma Record Card at the commencement of each season
- Ensure that their child has an adequate supply of appropriate medication (eg reliever) at all times
- Communicate all relevant information and concerns regarding asthma with the coach, official or committee member as the need arises.
- One family member or carer is present at all Little Athletics events.

The Committee/Management will be encouraged to:

- Provide all coaches, officials and Executive with a copy of the Asthma Aware Policy upon commencement
- Provide all members with asthma a copy of the Asthma Aware Policy via the newsletter
- Where possible ensure that an appropriate number of coaches, trainers and staff have current accreditation in emergency asthma management
- Formalise and document the internal procedures for emergency asthma management
- Where possible ensure that all coaches and officials are aware of members with asthma in their teams or squads or centre
- Encourage the use of Asthma Record Cards for all junior members with asthma. These to be filled out at the commencement of each season by their parent/carer in consultation with their doctor and kept in a central accessible location
- Where possible provide an environment that is low allergy and asthma friendly, including the provision of a smoke-free environment
- Where possible ascertain the location of telephone access or mobile phone at every venue and event for the calling of emergency personnel
- Include the Asthma Aware Policy in Risk Management Guidelines.

This Asthma Aware Policy will be reviewed annually to ensure that the document remains current and practical to the Centres / Clubs requirements