



# HAPPY VALLEY FOOTBALL CLUB

## EXTREME WEATHER POLICY

### Introduction

Happy Valley Football Club (the Club herein) recognizes that activities undertaken during inclement weather can create a risk to players, parents, officials and spectators and has created this policy to ensure a commitment to maintaining a safe environment for all involved with the Club.

### Training in Hot Weather

The Happy Valley Football Club Head Trainer (or person acting in this capacity where the appointed Head Trainer is not available) shall check the **Southern Suburbs (Noarlunga)** forecast temperature at **6pm the day before** the event on the Australian Bureau of Meteorology website - [www.bom.gov.au](http://www.bom.gov.au). Based on the forecast temperature, Head Trainer will send notice to all coaches and officials and the following action will be taken regarding the event:

Temperature	Risk of Heat Illness	Recommended Management for sports activities
26 - 30	Moderate	<b>All Grades:</b> Time interval between available drinks no more than 15 minutes, with a break sufficient for all players to replenish fluids. Overall duration of session to be 60-90 minutes.
31 - 35	High - Very High	<b>Seniors:</b> Time interval between available drinks no more than 15 minutes, with a break sufficient for all players to replenish fluids. Activity intensity to be reduced to moderate pace with breaks in intensity. Overall duration of session to be 60-90 minutes  <b>Juniors:</b> Outdoor activities modified with reduction in intensity and increased drink breaks sufficient for players to replenish fluids. Interval between breaks no more than 10 minutes with use of shade as much as possible. Overall duration of session limited to 60 minutes.  <b>Sub Junior:</b> All activities cancelled
36 and above	Extreme	<b>Seniors:</b> No outdoor activities to be conducted between 10am and 4pm. Water based activities or activities in air-conditioned indoor facilities may be conducted but must be modified to prevent heat stress. Modified outside activity after 4pm only in consultation with Head Trainer.  All Junior and Sub Junior activities cancelled

40 and above	Catastrophic	<p><b>Seniors:</b> No outdoor activities to be conducted while the temperature is at this level. Water-based activities or activities in air-conditioned indoor facilities may be conducted but must be modified to prevent heat stress.</p> <p>All Junior and Sub Junior activities cancelled.</p>
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Where there has been a change in the **Southern Suburbs (Noarlunga)** temperature after 4pm on the day of training or game, the trainer on duty shall **check the temperature at the locality of training**, and refer back to the above chart to advise coaches and officials on the approved activity that can be conducted, **at least ONE HOUR** prior to the activity commencing (e.g. for Senior training commencing at 6:30pm, coaches must be notified by 5:30pm of approved activity based on current temperature at locality of training). Use of a Smartphone is reasonable to determine the locality temperature.

Players and officials with any symptoms of heat illness shall immediately cease exercising. They shall seek immediate first aid treatment from the sports trainer on duty to reduce body temperature as quickly as possible. The sports trainer on duty will manage the person's condition, according to Senior First Aid principles and seek further medical attention if necessary.

### **Games Scheduled in Hot Weather**

The Club defers to relevant league/association rules regarding heat on days when games are scheduled to be played.

### **Activities in Other Extreme Weather Conditions**

#### **Lightning/Thunderstorms**

Due to the inability to accurately forecast electrical storms and the likelihood of localised weather patterns, it is not possible to create a policy that can be applied to all weather forecasts. However, care should always be taken to ensure the safety of players, coaches, spectators and officials and the following guidelines should be considered:

- If the weather forecast is for possible thunderstorms/lightning remain vigilant for approaching storms and/or changing or rapidly deteriorating conditions
- Where lightning is present or seen, or player/spectator/official welfare is deemed unsafe, activity should be suspended
- Hearing thunder means that lightning is likely to be within striking range.

If conditions improve, count the time from seeing lightning to when accompanying thunderclap is heard. If less than 30 seconds (storm is less than 10 kms away), activity should remain suspended. Wait 30 minutes after the last thunderclap before continuing play in an open area.

### **Heavy rain/Hail/Wind Gusts**

Heavy rain, wind or hail is unlikely to present as a significant personal injury risk to participants. As is the case with lightning/thunderstorms it is not possible to have in place a policy that can be applied to all weather forecasts. The following guidelines should be followed:

- In the event of heavy rain or hail, if the conditions such as the safety of the playing surface or player welfare are deemed unsafe, activity should initially be suspended.
- If the conditions improve i.e. stops or eases to what is considered a safe level, activity can recommence.

**Reviewed: October 2019**

**Next review: May 2020**