FOOTBALL SOUTH AUSTRALIA	**FOOTBALL SOUTH AUSTRALIA** **Procedures and Policies**

Subject:	**Extreme Weather Policy**	**Date Implemented**	May 2018
Review	**Annually**	**Date Amended**	August 2020

1. Rationale

1.1 Football South Australia and its registered Clubs and Affiliated Associations have a responsibility to ensure the health and wellbeing of staff, volunteers, players, officials, and spectators. In fulfilling this responsibility, all members have a duty to provide and maintain an environment that is safe and without risk to health.

1.2 Football South Australia Extreme Weather Policy will assist volunteers, players, officials, and spectators to undertake necessary action in cases of extreme weather. This is to prevent injury, and possible death, by recognising and managing potentially dangerous extreme weather situations.

It is the responsibility of all clubs and affiliated associations to distribute this policy to their stakeholders and implement the requirements as outlined in this policy.

HOT WEATHER POLICY

2. Risks Associated with Hot Weather

2.1 Football South Australia recognises that the risk of an elevated body temperature from high intensity sport in a hot environment is significant and can lead to heat illness presented as heat exhaustion and heat stroke. Symptoms can be worse if fluid replacement during exercise is inadequate which leads to fluid loss and dehydration.

2.2 Sports Medicine Australia characterises heat exhaustion by a high heart rate, dizziness, headache, loss of endurance and skill, nausea, clammy and pale skin.

2.3 Heat stroke is like heat exhaustion but with a dry skin, confusion, collapse, and possible coma. It may arise in a player who is suffering from heat exhaustion and has persisted with exercise. This is a potentially fatal condition and must be treated immediately.

3. Factors Affecting Participants in Hot Weather

3.1 Football South Australia recognizes that there are a number of factors that affect the heat stress on participants apart from just the temperature. This includes humidity, wind, radiation, shade, duration/intensity, timing of activity, hydration, fitness level, age, and gender. Many of these factors are reflected by the concept of a 'wet bulb globe temperature' to measure heat stress more accurately. While clubs will likely find it easier to

use traditional temperature readings (i.e. 32 degrees Celsius) the concepts behind the other factors (such as wind speed and radiation) are important to be aware of.

3.2 Children and the elderly may suffer more in the heat during exercise. This may be due to a greater percentage of body fat, and poorly developed sweating mechanism in children.

4. Competition Requirements during Hot Weather

4.1 Football South Australia will determine whether the hot weather policy needs to be activated based on the temperature provided on the Bureau of Meteorology (BOM) website. A decision to cancel games will be determined by Football South Australia and notified to all stakeholders at least 24 hours prior to the game.

4.2 Depending on the location of the competition venue, Football South Australia will utilise the weather forecast in the area closest to the venue including Adelaide, Elizabeth and Noarlunga and regional areas when making decisions.

4.3 The table below will be implemented to determine the cause of action that Football South Australia will take regarding Hot Weather;

Natural Turf Fields

Ambient temperature	**Under 6 – 11 Junior Competition**	**Under 12 -17 Junior Competitions, Community and Master Competitions**	**Senior Men and Women Elite Competitions**	**Full-Time Pathway Programs**
Up to 31^{O}C	Games are to be played	Games are to be played	Games are to be played	Games are to be played
32 – 35 ^{O}C	Games are to be Cancelled	Games are to be rescheduled. Games To be played and completed by 11.00am or commenced after 6.00pm	Games are to be played	Games are to be played
36 – 38 ^{O}C	Games are to be Cancelled	Games are to be Cancelled	Games are to be rescheduled. Games To be played and completed by 11.00am or commenced after 6.00pm	Games are to be rescheduled. Games To be played and completed by 11.00am or commenced after 6.00pm
39^{O}C and above	ALL GAMES ARE TO BE CANCELLED			

Artificial Turf Fields

Ambient temperature	Under 6 – 11 Junior Competition	Under 12 -17 Junior Competitions, Community and Master Competitions	Senior Men and Women Elite Competitions	Full-Time Pathway Programs
31^{O}C-34 ^{O}C	Games to be Cancelled	Games are to be rescheduled. Games To be played and completed by 11.00am or commenced after 7.00pm	Games are to be played	Games are to be played
35 ^{O}C-37 ^{O}C	Games are to be Cancelled	Games are to be Cancelled	Games are to be rescheduled. Games To be played and completed by 11.00am or commenced after 7.00pm	Games are to be rescheduled. Games To be played and completed by 11.00am or commenced after 7.00pm
38^{O}C and above	ALL GAMES ARE TO BE CANCELLED			

4.3 Where a game is played involving juniors and the temperature is 27 degrees or higher, a drink break is to be held in each half of the game. The drink break should be a maximum of 2 minutes in duration. The timing of the drink break is at the discretion of the match official but should occur, where possible, at the half-way point of each half. (The match official in consultation with the clubs may deem drink breaks are necessary if the temperature is below 27 degrees due to local conditions and player welfare).

4.4 Where a game is played involving adult participants and the temperature is 32 degrees or higher, a drink break is to be held in each half of the game. The drink break should be a maximum of 2 minutes in duration. The timing of the drink break is at the discretion of the match official but should occur, where possible, at the halfway point of each half. (The match official in consultation with the clubs may deem drink breaks are necessary if the temperature is below 32 degrees due to local conditions and player welfare).

4.5 Where a game is played on an artificial field and the temperature is 30 degrees or higher, two drink breaks per half are to be held. The drink breaks should be a maximum of 2 minutes in duration. The timing of the drink breaks is at the discretion of the match official but should occur, where possible, at 15-minute intervals. (The match official in consultation with the clubs may deem drink breaks are necessary if the temperature is below 30 degrees, especially if juniors are involved due to local conditions and player welfare).

4.6 A junior player is classified as any player that participates in the Junior Age Competitions.

5. Training Requirements during Hot Weather

5.1 The Bureau of Meteorology (BOM) is to be utilised to access temperature information for determining whether a training session or activity should be undertaken due to hot weather. The site can be accessed either at www.bom.gov.au or an app is now available for use on

any smart phone. In utilising either of these sites, a specific location can be used to gain the temperature. It is the responsibility of each Club to access temperature information to determine whether a training session should proceed noting the provisions set out at paragraphs 5.2 and 5.3.

5.2 The table below is to be used by clubs and associations to determine whether OUTDOOR training is to continue or be cancelled. Indoor training in an air-conditioned venue may continue.

Natural Turf Field

Ambient temperature	Under 6 – 11 Junior Competition	Under 12 -17 Junior Competitions, Community and Master Competitions	Senior Men and Women Elite Competitions	Full-Time Pathway Programs
Up to 31^{O}C	Training can continue	Training can continue	Training can continue	Training can continue
32 – 35 ^{O}C	Training is to be cancelled	Training can continue if is held and completed by 11.00am or commenced after 6.00pm	Training can continue	Training can continue
36 – 38 ^{O}C	Training is to be cancelled	Training is to be cancelled	Training can continue if is held and completed by 11.00am or commenced after 6.00pm	Training can continue if is held and completed by 11.00am or commenced after 6.00pm
39^{O}C and above	ALL OUTDOOR TRAINING IS TO BE CANCELLED			

Artificial Turf Fields

Ambient temperature	Under 6 – 11 Junior Competition	Under 12 -17 Junior Competitions, Community and Master Competitions	Senior Men and Women Elite Competitions	Full-Time Pathway Programs
31^{O}C-34 ^{O}C	Training to be Cancelled	Training to be rescheduled. Training to be completed by 11.00am or commenced after 7.00pm	Training can continue	Training can continue
35 ^{O}C-37 ^{O}C	Games are to be Cancelled	Games are to be Cancelled	Training to be rescheduled. Training to be completed by	Training to be rescheduled. Training to be completed by

			11.00am or commenced after 7.00pm	11.00am or commenced after 7.00pm
38^{O}C and above	ALL TRAIING TO BE CANCELLED			

5.3 The temperatures outlined in 5.2 are the maximum cancellation temperatures. The club may deem that cancellation of training is necessary at lower temperatures due to the localised conditions, including humidity. The club can check the humidity prior to commencing the training or the activity by reviewing the Wet Bulb Globe Temperature (WBGT) at http://www.bom.gov.au/products/IDS65004.shtml. If the WBGT is 26 or greater then the activity must be cancelled.

6. Club Requirements during Hot Weather

6.1 Clubs shall encourage all players and officials to drink fluids prior to and during all competitions and training sessions to avoid dehydration, and for rehydration following competitions and training sessions.

6.2 In all competitions and training sessions, club officials shall ensure that there is an adequate supply of water for drinking and cooling. Regular drink breaks must occur during training sessions.

6.3 In all competitions and training sessions, club officials shall ensure that water bottles are accessible to players. Each player must have their designated water bottle and players may be handed a water bottle from the side of the field.

6.4 Club Officials will make every effort to provide adequate resources for players to participate including the provision of water, ice, fans, cooling vests and will monitor their players to ensure that they are fit enough to participate or continue to participate. Refer to the factors of heat stress (3.1)

6.5 Club Officials shall, where possible, provide a shaded area for players and officials during breaks at all competitions and training sessions.

6.6 Club Officials are required to document and record all actions that they implement and undertake with regards to hot weather.

7. First Aid Treatment

7.1 As per Football South Australia Competition Rules and Regulations and Operating Regulations, clubs are required to provide first aid requirements for players, officials and the public during competitions and training sessions.

7.2 Players and club officials with any symptoms of heat illness must immediately cease exercising. They shall have immediate first aid treatment including Strip/Soak/Fan.

- strip off any excess clothing;
- soak with water;
- fan;
- ice packs placed in groin and armpits.

The aim is to reduce body temperature as quickly as possible. The participant should immediately be referred for urgent treatment by a medical professional.

Important: *Heat exhaustion/stroke can still occur even in the presence of good hydration. Refer to the factors of heat stress (3.1).*

8. Additional Resources

8.1 Additional information can be obtained from Sports Medicine Australia (www.sma.org.au) and the SA Sports Medicine Association (www.sasma.com.au).

COLD WEATHER POLICY

Scheduled training and games may be impacted upon by one or more of the following extreme weather events;

- Hail
- Lightning
- Heavy rain

The decision to cancel a game based on any of the above factors will be determined either by the match official on the day or by Football South Australia (in consultation with the club).

9. Hail

9.1 Hailstorms may present a risk to participants depending upon the size and intensity of the storm. Where a hailstorm occurs, the match official on the day will determine if it poses a risk to the participants.

9.2 If the Match Official deems that there is a risk, the game is to be suspended during the hailstorm so that players and officials can seek suitable shelter. Once the hailstorm has ceased, the match official may resume play taking into consideration the condition and safety of the field and other conditions associated with a hailstorm such as drop in temperature, rainfall and increased winds.

If it is not safe to resume (or start) the game, the match official is to abandon the game. If the game is abandoned, the match official is required to submit a report detailing the reasons for the decision to Football South Australia within 48 hours. Where a game is abandoned, Football South Australia will make a decision in accordance with the Competition Rules and Regulations governing abandoned games.

10. Lightning

10.1 Lightning is a sudden electrostatic discharge that occurs during a thunderstorm. Thunder is the resulting sound from the rapid expansion of the air after this electrical discharge. Thunderstorms may develop quickly so it is important that you keep a check on the forecast and watch the sky. Darkening skies, flashes or lightning, or increasing wind may indicate an approaching storm.

Thunderstorms can occur anytime during the year and therefore it is important that all clubs and associations are aware of the safety procedures to follow if lightning does occur.

10.2 **30 – 30 Lightning Rule**

Where a thunderstorm is present, the '30-30' rule is to be used to determine whether a game should be suspended (including delaying the commencement of the game) and when it is safe to resume play. This decision is to be made by the match official (consultation may occur with the clubs).

The 30-30 rule is applied as follows when lightning is sighted, count the time until thunder is heard. If that time is 30 seconds or less, the thunderstorm is within 10km and is dangerous. This is the time at which matches are to be suspended.

. Using the '30-30' rule, the distance of the storm should be estimated before allowing play to commence or resume.

10.3 **Safety Procedures**

If there is lightning around the following precautions are to be followed;

If shelter is nearby;

- seek shelter in a hard-top vehicle or a solid building;
- do not touch electrical items or telephones during the storm;
- if in a vehicle, park away from trees and powerlines and don't touch any metal parts;
- avoid small structures or fabric tents;
- keep clear of windows.

If shelter isn't available;

- crouch or squat:
    - with knees drawn up and feet together;
    - preferably in a hollow in the ground;
    - keep hands off the ground;
    - make yourself a small target;
    - don't lie down;
    - if in a group, spread out 10 metres apart;

- remove metal objects;
- if your hair stands on end, or if you hear buzzing nearby move immediately;
- stay away from hilltops, ridges and gullies, rock overhangs and shallow caves;
- keep well away from water;
- don't shelter under trees.

10.4 **First Aid**

Where a person is struck by lightning, call '000' at once. As all deaths from lightning arise from cardiac arrest and/or stopping of breathing, apply CPR until medical assistance arrives. The person performing CPR will not receive an electric shock from the victim. If proper treatment is administered, most victims survive a lightning strike.

11. Heavy Rain

For competition games Football South Australia will monitor the weather forecasts in relation to rainfall. Communication will be on going with clubs and where possible Football South Australia may undertake a pitch inspection to determine the condition of the ground.

11.1 Football South Australia (in consultation with the club) may determine prior to the day(s) of the game that the ground is not safe to play, in which case this will be communicated to relevant stakeholders. Football South Australia may also issue a directive that the condition of the ground is such that only one game may be played, in such cases priority will be given to the highest-grade game or as directed by Football South Australia.

11.2 If on the day of the game the match official inspects the ground and they determine it is not safe to proceed, the game is to be abandoned. The decision to abandon a game based on the condition of the ground is at the sole and absolute discretion of the match official. The decision and the reasons must be reported to Football South Australia by the match official within 48 hours.

11.3 Clubs are responsible for determining whether the condition of the ground is safe for the purpose of training. In making a determination, the club should also take into consideration whether training on the field will have an adverse impact on the field being available for competition games.

12. Other Conditions

The match official has sole and absolute discretion to determine if the weather conditions pose a danger to participants. Where the match official makes such a determination the game may be abandoned or delayed until it is safe to proceed (if time permits). Where a game is abandoned or delayed, the match official is to submit a report into Football South Australia within 48 hours.

Signatures:

Signed: _____ Signed: _____

Football South Australia President Football South Australia CEO

Date: _____ Date: _____

Next policy review date is:
2 August 2021