

BAYSIDE UNITED FC - ADVERSE WEATHER POLICY

Sometimes training needs to be cancelled or modified due to adverse weather conditions. Our coaches are required to follow club policies to ensure the safety of our players. In the case of adverse weather conditions the coaches may decide to hold a theory session indoors or in off-pitch shade/cover, if there is room to do so.

Please note that this policy relates to training and practice matches only. The policy for adverse weather during Football Victoria scheduled matches can be found in Appendix 2.

ELECTRICAL STORMS/LIGHTNING POLICY

- In the event of electrical/ thunderstorms, (especially if the time delay between thunder and the flash is less than 30 seconds) players, coaches and officials should seek urgent safe shelter. Training should only restart if at least 20 minutes has passed since the last sound of thunder and coaches and officials are confident of player safety.
- When safety is compromised by severe hail, coaches and officials should agree to abandon training and seek immediate shelter until the hail stops and it is safe to restart training.

EXTREME HEAT POLICY

If, according to the Bureau of Meteorology, the temperature at Moorabbin Airport (across the road from Kingston Heath) is 36 or above, then PHYSICAL training will not commence (or continue) until it drops below that point. BOM webpage reference:

<http://www.bom.gov.au/products/IDV60901/IDV60901.94870.shtml>

If the temperature is between 31 and 35.9 degrees then physical training can start but:

- coaches must choose activities that expend less energy (ie. skills rather than fitness/running work)
- shade must be used wherever possible (ie. the beach side of the pitches as the sun starts to set)
- players should be encouraged to wear hats if in the sun
- drink and rest break in the shade every 10 minutes (see Appendix 1 for guidelines on avoiding dehydration)
- players to be told at the start of the session that it is ok to step out and sit in the shade WHENEVER they need to
- coaches to look out for signs of heat stress and manage players accordingly (see Appendix 1 for signs of heat stress and how to manage them)

APPENDIX 1: Heat Related Illness and Management

Heat related illness and injury consequent upon exercise can be severe and in some cases fatal. The danger of heat related illness and injury must never be underestimated. Heat stress during exercise needs to be carefully managed. The management of exercise during extreme heat is particularly important in the case of children and young adults

It should be noted that there is a risk of heat related illness or injury at all temperatures, however, the risk is much greater at 30°C or above. It is important to understand the factors that may contribute to heat stress. What constitutes extreme conditions will vary depending upon:

Environmental Factors:

- Whether players are training on grass or synthetic surface
- Duration and intensity of activity
- Time of day during which activity takes place
- Humidity
- Exposure to solar radiation

Individual Risk Factors:

- Fitness levels of the player
- Age of the player
- Acclimatisation
- Hydration levels
- Past history of heat stress (genetic factors)

It is difficult to predict precisely how an individual will respond to heat stress and how likely heat stress is to cause illness or injury. Where there is any doubt, on the basis of medical information provided by parents/carers in relation to a particular individual, specialised medical advice should be sought.

Signs of Heat-Related Illness or Injury

Common symptoms of heat-related illness or injury include (but are not limited to) fatigue, nausea, headache, confusion, light headedness, high heart rate, collapse, dry skin and/or pale skin colour (pale skin colour may occur with or without dry skin).

If a player complains of feeling unwell during exercise or experiences any of the above symptoms, she should immediately cease activity and steps should be taken to assist her to cool down (removal of unnecessary clothing, provision of drinks, move to a cool area with air-conditioning or a fan, spray with water, application of wrapped ice packs to the child's armpits and/or groin area). Under no circumstances should a player be permitted or encouraged to continue exercise.

Medical advice should be sought promptly if the symptoms do not improve rapidly.

Medical advice should always be sought immediately if a player collapses.

If a player suffers heart-related illness or injury, a record should be maintained to assist in treatment and immediate and future management of the condition.

Guidelines for Avoiding Dehydration (Sports Medicine Australia)

General Dehydration can occur in the winter months; however, the importance of addressing hydration is underlined in extreme heat.

- Players should not wait to feel thirsty as thirst may not be a reliable indication of fluid needs
- Cool fluids may be absorbed more rapidly than warmer fluids
- Players must avoid starting exercise when dehydrated – they should drink plenty of fluids prior to exercise
- If players are well hydrated they should be able to pass a good volume of clear urine in the hour before exercise
- Encourage players to have their own water bottle that they are able to regularly refill to remind them of the need to drink regularly. A reasonable guideline is the intake of 500ml an hour before exercise. A reasonable guideline is the intake of 150ml every 15 minutes during exercise.
- Players must be actively encouraged to take advantage of all breaks in play to take in fluids.
- Players should be encouraged to drink liberally after exercise to ensure full rehydration

APPENDIX 2 – section 4.4 of the 2018 National Premier League Rules of Competition

4.4. Weather Conditions

4.4.1. FV and/or the Match Official may delay or abandon any Competition Fixture due to weather, pitch conditions such as but not limited to excessive heat/humidity, lightning or rain that may endanger participants' health and/or safety.

4.4.2. If 30 minutes before kick off the temperature at the venue is 32° or above, water bottles must be made available to enable any player to take a drink during the course of the Competition Fixture. Permission of the Match Official to take a drink is not required.

4.4.3. If conditions are considered extreme by the Match Official, he or she may;

- a. Allow a 2 minute break during the course of each half.
- b. Allow additional drinks breaks in accordance with Rule 4.4.2 or otherwise;
- c. Abandon the Competition Fixture, if in the Match Official's opinion it is unsafe to continue.