



EXTREME WEATHER POLICY

As part of the risk management process, the potential for adverse weather conditions needs to be considered with the primary consideration being the safety and welfare of students, officials and staff.

In general, the decision to stop play or cancel a game in the event of extreme weather, such as extreme heat or cold, poor air quality etc will be made by the AICES EO on consultation with the Convenor of that Sport.

The following guidelines set out the approach that AICES should follow when assessing extreme weather conditions. These guidelines are not binding, however it must be remembered that all parties must act responsibly. We encourage a common sense approach and consideration of the comfort and well-being of all individuals including participants and officials.

Sun Protection

AICES recommends that Schools adhere to their individual School's Sun Protection Policy.

Identify Hazard	Action Required	When To Cancel	By Whom
Heavy Rain	Competition should be suspended until hazard clears. If it continues to rain heavily during that time, it is recommended that play/ competition be cancelled until further notice.	If heavy rain continues and field/surface becomes unplayable.	EO in consultation with Convenor & Coaches
Lightning/ Thunderstorm(s)	<p>In the case of electrical/hail storms, games must be stopped immediately and a safe location sought when implementing the lightning code. (below)</p> <p>Shelter should be offered for players/spectators/officials until cleared.</p> <p>The 30 – 30 rule</p> <ul style="list-style-type: none"> • By the time the flash-to-bang count approaches 30 seconds, all individuals should already be inside a safe shelter. • Wait at least 30 minutes after the last sound (thunder) or observation of lightning and ensure conditions are completely safe before leaving shelter to resume activities. Each time lightning is observed or thunder is heard, the 30 minute clock should be re-started. • The National Lightning Safety Institute in the US recommends the saying: "If you can see it, flee it; if you can hear it, clear it". 	If time does not permit game to be started or resumed.	EO in consultation with Convenor & Coaches

<p>Extreme Heat</p>	<p style="background-color: red; color: white; text-align: center;">Factors to consider before cancelling or modifying a sporting event or training</p> <p>(Remember not only to take players into account but also umpires, officials and volunteers.)</p> <p>The following tables provide estimates of risk related to the weather and also guidelines to managing activity in order to minimise heat stress.</p> <p>Environmental Factors</p> <p>1. Temperature</p> <p>Ambient temperature is the most easily understood guide available, and is most useful on hot, dry days.</p> <table border="1" data-bbox="331 392 997 631"> <thead> <tr> <th>Ambient temperature</th> <th>Relative humidity</th> <th>Risk of Heat Illness</th> <th>Possible management for sustained physical activity</th> </tr> </thead> <tbody> <tr> <td>15 - 20</td> <td></td> <td>Low</td> <td>Heat illness can occur in distance running. Caution over-motivation.</td> </tr> <tr> <td>21 - 25</td> <td>Exceeds 70%</td> <td>Low - moderate</td> <td>Increase vigilance. Caution over-motivation.</td> </tr> <tr> <td>26 - 30</td> <td>Exceeds 60%</td> <td>Moderate</td> <td>Moderate early pre-season training. Reduce intensity and duration of play/training. Take more breaks.</td> </tr> <tr> <td>31 - 35</td> <td>Exceeds 50%</td> <td>High - very high</td> <td>Uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 60 minutes per session.</td> </tr> <tr> <td>36 and above</td> <td>Exceeds 30%</td> <td>Extreme</td> <td>Very stressful for most people. Postpone to a cooler conditions (or cooler part of the day) or cancellation.</td> </tr> </tbody> </table>	Ambient temperature	Relative humidity	Risk of Heat Illness	Possible management for sustained physical activity	15 - 20		Low	Heat illness can occur in distance running. Caution over-motivation.	21 - 25	Exceeds 70%	Low - moderate	Increase vigilance. Caution over-motivation.	26 - 30	Exceeds 60%	Moderate	Moderate early pre-season training. Reduce intensity and duration of play/training. Take more breaks.	31 - 35	Exceeds 50%	High - very high	Uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 60 minutes per session.	36 and above	Exceeds 30%	Extreme	Very stressful for most people. Postpone to a cooler conditions (or cooler part of the day) or cancellation.	<p>Where the table on the left recommends cancellation</p> <p>Events may be called off prior if the predicted temperature is considered to be unsafe</p>	<p>EO in consultation with Convenor & Coaches</p>
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<p>Extreme Cold Weather</p>	<p>When severe winter weather is forecast, weather reports and traffic conditions within the immediate area should be monitored.</p> <p>If the ground is slippery from frost, snow, rain or mud, or if the temperature drops below 0 degrees, it is at the discretion of the host school to determine whether play/ competition should be suspended or cancelled until hazard clears.</p> <p>Wind Chill Factor.</p> <p>If play proceeds, special conditions may be implemented, such as:</p> <ul style="list-style-type: none"> • Extra warm up time. Provision on indoor area during breaks. • Allowing additional clothing to be worn, for example gloves, ear protection / hat. 	<p>0 degrees with wind chill factor greater than 5km/hr.</p>	<p>EO in consultation with Convenor & Coaches</p>																								
<p>Air Quality/ Pollution</p>	<p>This may occur during or after a fire, dust storms etc.</p> <p>Check NSW Health Air Quality Index for your area.</p> <p>https://www.dpie.nsw.gov.au/air-quality and https://www.health.nsw.gov.au/environment/air/Pages/aqi.aspx</p>	<p>When NSW Health Air Quality Index (AQI) is very poor. I.e. > AQI 150</p> <p>Events may be called off prior if the predicted AQI is very poor</p>	<p>EO in consultation with Convenor & Coaches</p>																								