**Adelaide Harriers – Hot Weather and Extreme Weather Policy**

**For meets and training sessions**During high temperatures, vigorous exercise can place young people at risk of heat illness. If untreated, heat illness can lead to the more serious condition of heat stroke. To ensure the safety of all our athletes, parents, siblings, coaches and officials, Adelaide Harriers has adopted the following heat policy. It aligns with the SA Little Athletics Association extreme weather policy which can be found here: <http://salaa.org.au/Portals/45/policies/6.9.%20Policy-%20Extreme%20Weather%20Little%20Athletics%20SA%202015.pdf> and the guidelines produced by Sports Medicine Australia which can be found here: <http://sma.org.au/resources-advice/policies-guidelines/hot-weather/>

For Adelaide Harriers events (i.e. Friday night competitions) and Monday afternoon training sessions conducted at our home ground, the following hot weather and extreme weather condition policy will apply:

1. **Hot Weather – meet/training cancellation**:

**Temperature Determination**The forecast maximum temperature referred to in this section is that issued by the Bureau of Meteorology (BOM) at 4:10pm CDT one day prior to competition (i.e. 4:10pm Thursday for a competition to be conducted on a Friday night or 4.10pm Sunday for Monday afternoon training). Members are encouraged to refer to the Bureau’s website which can be found at [www.bom.gov.au](http://www.bom.gov.au)

**Cancellation process**The following details measures that will be taken during hot weather. Changes to competition cancellation can be summarised as follows:

* If the temperature forecast by the Australian Bureau of Meteorology (www.bom.gov.au), as published at 4:10pm, one day prior to the competition or training is 36°C or above, then the competition / training will be cancelled and rescheduled to the next available date.
* The forecast can be accessed via the Bureau of Meteorology website shortly after 4:10pm, and will be included in ABC radio and news bulletins after 4:10pm.
* Should any subsequent forecast change the predicted temperature (i.e. on Friday prior to a meet or on Monday prior to training), the program will not be changed again.
* Members will be notified via Adelaide Harriers Facebook and Twitter. If time permits, an email will also be sent

1. **Hot weather – meet/training modification:**

**Temperature Determination**The forecast maximum temperature referred to in this section is that issued by the Bureau of Meteorology (BOM) at 4:10pm CDT one day prior to competition (i.e. 4:10pm Thursday for a competition to be conducted on a Friday night). Members are encouraged to refer to the Bureau’s website which can be found at [www.bom.gov.au](http://www.bom.gov.au)

The following details the measures that will be taken during high temperature. Changes to competition or training programming can be summarised as follows:

* During days of high heat, i.e. between 34°C and 35.9°C, track conditions will be monitored, and further changes may be made to the meet or training program to suit the conditions.
* This includes the possibility of cancelling specific events such as long distance runs and walks.
* This may also lead to a reduced or modified program for Tiny Tots and U6-U8 age groups who are particularly at risk during hot weather.
* The decision to modify or cancel specific events will be made at the discretion of the Club President, head coach and or members of the committee.
* Where possible, the decision to modify programs will be made in advance of the Friday night meet and Monday afternoon training sessions and members will be notified via Facebook and email.
* If not possible i.e. should unexpectedly hot weather occur, members will be notified about any modifications on arrival at the meet or training session

1. **Discretionary Cancellation**

Adelaide Harriers reserves the right to cancel any competition or training at its absolute discretion if it is deemed that the environmental conditions, such as extreme humidity (as provided by BOM’s WBGT measurement), present a serious health risk to athletes and officials, even if temperatures falls within the acceptable levels detailed within this policy document.

1. **Thunderstorms and rain**

Thunderstorms and heavy rain present a significant risk to athletes, coaches, and officials when they occur in the vicinity of training or competition and event locations. In particular, thunderstorms that occur in and around an open area such as an athletics arena present a significant risk to life. Storms can also develop quickly.

It is widely recognised that a significant lightning threat extends outward of the thunderstorm cloud for approximately 10-15 kilometres, thus, when a storm is within this range, appropriate action should be taken to minimise the danger to participants. As a general guide, the ability to hear thunder is usually an indication that the storm is within 10-15 kilometres of your location.

In the event of the threat of a thunderstorm, the following action will be taken:

* Prior to and during training, competition or events, the BOM weather forecast will be monitored, and in particular the presence of a severe weather warning indicating a chance of thunderstorms.
* If a severe weather warning is in effect or if thunderstorms are predicted, Adelaide Harriers will postpone the training session, competition or event.
* Members will be notified via Facebook and or Twitter of this decision with as much advance notice as possible.

In the event that thunder is heard or a thunderstorm occurs during Adelaide Harriers training, competition or events the following action will be taken:

* The Competition Manager will ask all participants to immediately leave the area or competition / training area and proceed inside a substantial building such as the club house, office building or a nearby hotel (on South Terrace).
* It should be noted that small outdoor buildings, rain shelters and storage sheds are not considered substantial buildings and are not deemed to be a safe area to shelter.
* In the event that a substantial building is not available for shelter, a hard- topped metal vehicle with windows closed also provides good protection, but contact with metal surfaces in the vehicle should be avoided.
* Once an electrical storm has passed, activity should not resume for another 30 minutes as electrical charges can linger in clouds after the storm has passed.
* At this time, the Competition Manager or designated person will assess the area for damage before determining whether competition, training or the event should resume.
* No individuals will be permitted to return to the arena or competition/training area until the all clear is given by the Competition Manager.

1. **Strong winds / other severe weather conditions**

**If there is a forecast or threat of strong winds or other severe weather conditions such as low visibility, dust storms or other factors, the same process applied for Thunderstorms will apply.**