Extreme Weather Policy for Sports Trainings and Competition
2015

Objectives

• To assist students and staff to develop strategies which encourage responsible decision making about protecting their bodies from heat stress.
• To work towards a safe school environment that provides sun protective measures for students and staff.
• To encourage and assist students and staff to make clear, responsible decisions regarding hot weather sporting modifications.

Cancellation Policy

Cancellations and adjustments are made in the best interests of players, staff and members of the public (eg spectators and umpires)

Note: All forecasts are drawn from the Bureau of Meteorology website
http://www.bom.gov.au and are taken from website on the day prior (eg Saturdays weather is forecast on Friday)

Preparatory School (3-6) Sports

For weekend sport

• If the maximum temperature is forecast to be 38 degrees or greater all games (or trainings) will be cancelled for the following day.
• If the forecast (ambient) temperature is less than 38 degrees but conditions are considered as extreme (** as per WBGW readings relating to humidity).

For weekday sport

• If the maximum temperature is forecast to be 35 degrees or more all games and trainings will be cancelled for the following day.
• If the forecast (ambient) temperature is less than 35 degrees but conditions are considered as extreme (** as per WBGW readings relating to humidity).
• In the case of trainings being cancelled, team meetings will take place at specified locations as communicated by teaching staff (given trainings are held during the school day)
Middle and Senior School (7-12) Sports

For weekend sport

- If the maximum temperature is forecast to be 38 degrees or greater all games (or trainings) will be cancelled for the following day.
- If the forecast (ambient) temperature is less than 38 degrees but conditions are considered as extreme (** as per WBGT readings relating to humidity).

Note: Cricket teams in First X1 competition: If the maximum temperature is forecast to be between 38 and 40 degrees, matches will be rescheduled to be played between the hours of 8am and midday in a shortened game or innings format. Play will be rescheduled or cancelled if the ambient temperature (or WBGT equivalent) reaches 40 degrees during this time

For weekday sport

- With the exception of water sports or sport played in an indoor venue, if the temperature is forecast to be 36 degrees or greater all sport for that day will be cancelled.
- If the forecast temperature is less than 36 degrees but conditions are considered as extreme (as per WBGT readings relating to humidity) competition will be cancelled.

For trainings

- With the exception of water sports or sport played in an indoor venue, if the temperature is forecast to be 31-35 degrees, trainings will be held to a maximum of 1 hour with reduced intensity and more rest and hydration breaks enforced.
- In the event of the forecasted temperature being 36 degrees or greater, physical training will be cancelled and team meetings (for up to a maximum of 30 minutes) will be held in place (primarily for information sharing purposes) at the discretion of the coach.
- Trainings scheduled for mornings before school may proceed only after consultation and agreement between Director of Co Curricular, Sport Coordinator and Coach.
- Considerations may include preceding weather conditions (eg ‘Heatwave’ or consecutive days of extreme heat) and relative humidity.

Special events, Intercollegiate matches and Tour matches

Special arrangements may proceed only after consultation between Director of Co Curricular, Sport Coordinator and Coach.
Considerations may include preceding weather conditions (eg ‘Heatwave’ or consecutive days of extreme heat) and relative humidity.
Rowing

Due to the nature and location of sessions, rowing is subject to weather conditions at the location of the training.

Rowing SA governs competition under their relevant policy Rowing Australia Heat Policy

The following information refers to trainings only;

Ambient Temperature between and including 34\(^\circ\) and 37\(^\circ\), Heat Index AMBER (as per RSA Heat Policy);

**Juniors and Intermediates (Years 7, 7/8, 8/9, 9/10)**
- Training time on water limited;
- Workload and stroke rate reduced;
- Technical focus

**Seniors (Years 10/11 and 11/12)**
- Training time on water limited;
- Workload and stroke rate reduced;
- Short bouts no longer than 5 minutes;

Ambient Temperature exceeding 38\(^\circ\)C, Heat Index RED;
- Training for all age groups either cancelled or relocated to indoor airconditioned environments or amended to swimming.