

# WEATHER POLICY

## POLICY STATEMENT

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The health of the Western Region Academy of Sport (WRAS) athletes, staff, volunteers and supporters is of primary concern to WRAS. WRAS will actively seek to promote, encourage and support safe weather conditions at meetings, training, and competitions.

This policy is aimed at minimising the risk of injury/illness occurring as a result of participating in WRAS activities during varying weather conditions.

## BACKGROUND

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Australia has the highest rate of skin cancer in the world. It is estimated that two out of every three people whose childhood is spent in Australia will develop some form of skin cancer in their lifetime. Research suggests that sun exposure in childhood is a key contributor in causing skin cancer, especially melanoma.

Due to the nature of each particular sport's training and competition requirements regarding uniforms it may not be possible to strictly adhere to the Sun Smart clothing standards suggested by the NSW Cancer Council. In addition to this, budgetary implications regarding style alterations to uniforms may make such alterations impractical.

## GUIDELINES

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### Heat

Where possible WRAS will:

- provide the squad manager (or equivalent) of each sport program with a large container of SPF 30+ broad spectrum water resistant sunscreen to be made available for athletes, staff and volunteers;
- incorporate sun smart clothing designs into uniforms wherever sport specific requirements and budget considerations make it practical to do so;
- reschedule training sessions or events if the weather forecasts extreme conditions;
- alter training session schedules to include additional drink and shade breaks on hot days;
- encourage athletes, staff and volunteers to wear a hat during Academy activities, whenever the nature of the sport permits it;
- where appropriate, encourage the wearing of sunglasses. Whilst athletes may not be able to wear these during training and competition, coaches, officials, committee members, and supporters not directly involved in the competition should be encouraged to wear sunglasses;

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- encourage athletes and squad staff to adequately hydrate before, during and after WRAS events.

### **Wet**

- Training will only commence once the playing surface is deemed safe by the WRAS squad staff (or equivalent);
- If it begins to rain during a WRAS training session, play will continue until the WRAS squad staff (or equivalent) deem it unsafe to continue;
- WRAS follows Hockey NSW and AFL NSW/ACT's 30/30 lightning rule whereby "play is to be stopped when the lightning/thunder ratio reaches 30 seconds or less i.e. the time between when the lightning is seen and the thunder is heard is 30 seconds or less. This indicates that the lightning is 10 km away and the next strike has a "significant risk" of hitting people that have seen the lightning and heard the thunder. Play shall not commence until 30 minutes after the last lightning flash within the 30/30 ratio".

### **RESOURCES**

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WRAS encourages our athletes and squad staff to refer to the Sports Medicine Australia's "Beat the Heat" guidelines when seeking direction on training in hot conditions.

<https://sma.org.au/sma-site-content/uploads/2009/05/hot-weather-guidelines-web-download-doc-2007.pdf>

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