

WEATHER POLICY

POLICY STATEMENT

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.

GUIDELINES

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. WRAS follows the 'beat the heat' Sports Medicine Australia guideline for 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;
- 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 the 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".
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Air Quality (Fire, Smoke)

The Air Quality Index (AQI) is an index for reporting hourly and daily air quality in New South Wales. The AQI outlines air pollution levels, it provides an indication of how clean or polluted the air is in areas across NSW.

Below is the chart from the AQI website which outlines the levels of Air Quality and when it is safe to participate in outdoor activities.

Colour indicator	What activities can I do
0-33 Very good	Enjoy normal activities.
34-65 Good	Enjoy normal activities.
67-99 Fair	People unusually sensitive to air pollution should reduce or reschedule strenuous outdoor activities. Others are not likely to be affected when the AQI is in this range.
100-149 Poor	Sensitive groups should reduce strenuous outdoor activities. Other adults are not likely to be affected. Anyone who experiences symptoms should reduce outdoor activities.
150-199 Very poor	Sensitive groups should avoid strenuous outdoor activities Other adults should reduce or reschedule strenuous outdoor activities.
200+ Hazardous	Sensitive groups should avoid all outdoor activities. Other adults should avoid strenuous outdoor activities.

- WRAS events will proceed routinely when the AQI level is between 0-99.
- When the AQI level is 100 or higher, WRAS will consider alternative activities that are less strenuous, relocate indoors, or modify the activity for those with asthma or respiratory conditions.
- When the AQI level is 150 or higher, WRAS will postpone the event until the AQI improves.

RESOURCES

Sports Medicine Australia's "Beat the Heat" guidelines

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

NSW Government AQI website <https://www.dpie.nsw.gov.au/air-quality/current-air-quality>

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