



With higher temperatures occurring more frequently, consideration must be given to the effects of heat and humidity on participants involved in football activities. Consideration must also be given to participants' wellbeing with respect to the other extremes of weather, including hail, lightning and heavy rain

Ashburton United Soccer Club (the Club) has a responsibility to ensure the health and wellbeing of staff, volunteers, players, officials and spectators. In fulfilling this responsibility, all members have a duty to provide and maintain an environment that is safe and without risk to health.

This policy will assist volunteers, players, officials and spectators to undertake necessary action in cases of extreme weather. This is to prevent injury, and possible death, by recognising and managing potentially dangerous extreme weather situations.

NOTIFICATION OF EXTREME WEATHER

The decision to cancel a game based on an event of extreme weather will be determined by the Match Official on the day

The decision to cancel training will be made by the Operations Manager and where possible will be notified to all stakeholders by 3pm on the day of training. If training is cancelled the club will notify all the participants via Teamstuff and post updates on the clubs Website and Facebook if applicable.

HOT WEATHER CONDITIONS

The Club will determine whether the hot weather policy needs to be activated based on the temperature provided on the Bureau of Metrology (BOM) website.

The table below is to be used by the club and associations to determine whether OUTDOOR training is to continue or be cancelled. Indoor training in an air-conditioned venue may continue.

Ambient Temperature	Under 6 – 11	Under 12 -17, Seniors and Masters
Up to 31°C	Training can continue	Training can continue
32°C – 35°C	Training is to be cancelled	Training can continue if it is held and completed by 11.00am or commenced after 6.00pm
36°C and Above	Training is to be cancelled	

Requirements During Hot Weather

The team managers and coaches shall:

- Encourage all players and officials to drink fluids prior to and during all competitions and training sessions to avoid dehydration, and for rehydration following competitions and training sessions.
- Ensure that there is an adequate supply of water for drinking and refreshment and the appropriate drinks breaks are taken as necessary during these competitions or training sessions.
- Ensure that water bottles are accessible to players.
- Water bottles shall not be permitted to be thrown onto the field of play, players may be handed a water bottle from the side of the field.



COLD WEATHER CONDITIONS

Scheduled training and games may be impacted upon by one or more of the following extreme weather events:

1. Hail

Hailstorms may present a risk to participants depending upon the size and intensity of the storm. Where a hailstorm occurs, the match official on the day will determine if it poses a risk to the participants and suspend the game so they players and officials can find shelter.

2. Lightning

Thunderstorms can occur anytime during the year and therefore it is important that coaches, team managers and players are aware of the safety procedures to follow if lightning does occur.

2.1 30 – 30 Lightning Rule

Where a thunderstorm is present, the '30-30' rule is to be used to determine whether a game or training should be suspended (including delaying the commencement of the game) and when it is safe to resume play. The '30-30' rule measures the time elapsed from when the lightning flash is observed and when the associated sound of thunder is heard. This decision is to be made by the match official during games

The '30-30' rule is applied as follows:

When lightning is sighted, count the time until thunder is heard. If that time is 30 seconds or less, the thunderstorm is within 10km and is dangerous. This is the time at which matches are to be suspended.

The threat of lightning may continue even if there are changes in weather conditions such as sunshine or blue sky. The '30-30' rule should be used to estimate the distance of the storm to be greater than 10km before allowing play to commence or resume.

2.2 Safety Procedures

If there is lightning nearby the following precautions are to be followed.

If shelter is accessible:

- seek shelter in a hard-top vehicle or a solid building
- do not touch electrical items or telephones during the storm
- if in a vehicle, park away from trees and powerlines and do not touch any metal parts
- avoid small structures or fabric tents
- keep clear of windows

If shelter is not available:

- crouch or squat with knees drawn up and feet together preferably in a hollow in the ground
- keep your hands off the ground
- make yourself a small target
- do not lie down
- if in a group, spread out 10 metres apart
- remove metal objects
- if your hair stands on end, or if you hear buzzing nearby move immediately
- stay away from hilltops, ridges and gullies, rock overhangs and shallow caves
- keep well away from water
- do not shelter under trees

2.2.1 First Aid

Where a person is struck by lightning, call '000' at once. As all deaths from lightning arise from cardiac arrest and/or stopping of breathing, apply CPR until medical assistance arrives. The person performing CPR will not receive an electric shock from the victim. If proper treatment is administered, most victims survive a lightning strike.



3. Heavy Rain

Heavy rain may result in poor visibility or ground conditions which pose a hazard to participants. In the event of heavy rain resulting in poor visibility and/or poor ground playability play will be suspended until the hazard has cleared or postponed if the conditions persist.

Policy	Created/Reviewed	Approved
1. Policy 2020	April 2020	AUSC Board – November 2020
2. Review 2022		
3. Review 2024		