



WOODVILLE

HOCKEY CLUB

HOT WEATHER / EXTREME WEATHER POLICY

January 2016

Purpose

The aim of this Policy is to ensure the safety of members, officials and supporters in connection with the playing of hockey when hot and extreme weather conditions are in force.

Scope

This policy applies to hockey activities undertaken by our members, officials & supporters organised by the Woodville Hockey Club, including but not limited to:

- Club Competitions
- Club Indoor hockey competitions/clinics
- Training sessions
- Internal matches
- Coaching & Development Clinics

Where WHC officials or volunteers are providing services in a school environment, we will follow and come under the relevant school policy.

When members are participating for the Woodville Hockey Club (WHC) in competitions managed by Hockey South Australia, our members will be subject to their policy, ADM-POL005.

<http://www.hockeysa.com.au/Portals/19/ADM-POL005%20-%20Extreme%20weather%20-%20APPROVED.pdf>

Hot Weather

The following website will be used to make the determination and will be decided at 4pm the day prior to any scheduled event.

<http://www.bom.gov.au/sa/forecasts/adelaide.shtml>

Notification of any cancellation/change to starting time shall be advised on the Woodville Hockey Club Facebook Page or the relevant Facebook Group. The WHC Management Committee will also endeavour to send notifications by the Team App.

Ambient Temperature	Scheduled Training, Clinic or Competition
Up to 30C	Continue as normal
31 – 35C	Sessions to be adjusted to include more and longer breaks for participants
36 – 40C	Morning sessions planned to be completed by 10am go ahead.* Night sessions commencing at 7pm ACST (8pm ACDT) may go ahead.* Sessions adjusted to include more and longer breaks for participants. Otherwise cancelled. ‡
40C and above	Cancelled





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*Where a session is cancelled due to not meeting the allowable completion/commencement times, it may be moved by the respective coach/official to suit allowable times. The training time and venue may be altered and in this event the change will be advised by the respective coach/official.

‡ Sessions will be switched to low intensity or classroom-based. Coaches should be mindful of allowing adequate recovery and will reinforce the value of constant hydration. Where sessions continue in hot weather, it is suggested that coaches/managers/organisers take other steps to assist players with the heat

Cold Weather

Trainings/Competitions would not normally be varied for cold weather, unless one of the following is also a factor.

- Hail
- Thunder storm
- Extreme wind
- Heavy rain - flooding

If any of the above affect the programmed start time for the session, the coaches/manager will either choose to delay the scheduled time of the session or hold in indoor session.

Hail

All hailstorms present some risk to players in an open playing field, and the size and intensity of the storm can change dramatically in a short period of time.

All play should be suspended during hailstorms so that players and officials can seek suitable shelter. It is important to also be aware of any significant temperature drop, rainfall and increased wind that may be associations with the hail conditions.

Play should be restarted after the hail has stopped falling, with particular attention being given to the amount of ice on the playing surface (size and thickness of layer).

In some cases, it may be unsafe to resume play immediately due to an ice covered surface. Deferral of the restart to allow melting (or manual clearing in parts) should be considered in extreme circumstances

Lightning

Lightning is the visible part of an electrical discharge. Thunder is the resulting sound from the rapid expansion of the air after this electrical discharge. Sound follows light at 0.34km/second. Check the forecast and watch the sky. Darkening skies, flashes or lightning, or increasing wind may indicate an approaching storm.

Lightning safety tips:

- Use the 30/30 Lightning Rule. If the time between the lightning flash and the thunder sound is less than 30 seconds then play should be suspended, and not resumed until 30 minutes after the last thunder. 30 seconds means that the lightning is approximately 10 kilometres away.

www.woodvillehockeyclub.com.au

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- Find safe shelter. Sturdy buildings are the safest place to be during lightning storms. Avoid sheds, picnic shelters, metal coaching boxes and goals. Staying in a car with windows closed also offers some protection. Note thunder is not usually heard 24-32 kilometres away.

References

Hockey South Australia

<http://www.hockey.sa.com.au/Portals/19/ADM-POL005%20-%20Extreme%20weather%20-%20APPROVED.pdf>

Review of policy

The Woodville Hockey Club Management Committee will review this policy annually or as often as it determines necessary and will make any changes it determines necessary or desirable.

Access to the policy

This policy will be available for viewing by any member of Woodville Hockey Club through its website or a copy will be provided upon request.

