

Extreme Weather Policy

2 March 2018

The purpose of these Extreme Weather Policy is to provide a system that sets out the procedures and guidelines for events of extreme weather during Capital Football competitions and programs



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1 HEAT/HUMIDITY

- 1.1. Capital Football and/or the Match Official may postpone, delay or abandon any fixture due to extreme weather conditions that may endanger participants including but not limited to excessive heat and/or humidity.
- (i) Where the Match Official postpones, delays or abandons any fixture due to extreme weather conditions, he or she must outline to Capital Football the reasons in writing within 48 hours of the conclusion of the fixture.
- 1.2. Consideration must be given to the effects of heat and humidity on elite and amateur athletes. During summer and warmer months, clubs and competition organisers should:
- (a) Refer to Sports Medicine Australia (SMA) [Hot Weather Guidelines](#),
- (b) Provide information in relation to sun safety,
- (c) Schedule games and training for cooler parts of the day or evening,
- (d) Check forecast and local weather conditions,
- (e) When possible, use weather gauge, Wet Bulb Globe Thermometer or Heat Stress Meter to monitor player conditions
- (f) Ensure regular hydration by players, officials and other participants,
- 1.3. For match play, if the temperature exceeds 32 degrees Celsius water bottles must be made available and placed along the sidelines to enable any player to take a drink during the course of the game. If conditions are considered extreme by the Match Official, he or she may allow a two minute break during the course of each half.
- (i) In the event water bottles are made available along the sidelines, players should not leave the field of play to take a drink nor should bottles be thrown on to or from the field of play. No time will be added for additional breaks and breaks will be taken at suitable breaks in play, as determined by the Match Official.
- 1.4. Capital Football reserves the right to change a venue on match day if an alternative venue can be sourced.

**RECOMMENDED TEMPERATURES
FOR CANCELLATION OF GAMES AND TRAINING
And all other events including trial games, selection trials, clinics or any physical activities**

ADULTS
Cancel or postpone events involving adults at ambient temperatures of 37 Deg C or above

CHILDREN
Cancel or postpone events involving children at ambient temperatures of 32 Deg C or above

2 COLD TEMPERATURES

- 2.1. Capital Football and/or the Match Official may postpone, delay or abandon any fixture due to extreme weather conditions that may endanger participants including but not limited to cold weather and chill risks.
 - (i) Where the Match Official postpones, delays or abandons any fixture due to extreme weather conditions, he or she must outline to Capital Football the reasons in writing within 48 hours of the conclusion of the fixture.
- 2.2. Apparent Temperature (AT) is an adjustment to the ambient temperature based on the perceived effect of extra elements such as humidity and wind chill. At a temperature of negative 2 degrees Celsius AT play should be suspended for wind chill factor. Match Officials should refer to the [Australian Bureau of Meteorology's AT reading](#).

3 HAIL

- 3.1. Capital Football and/or the Match Official may postpone, delay or abandon any fixture due to extreme weather conditions that may endanger participants including but not limited to hail storms.
 - (i) Where the Match Official postpones, delays or abandons any fixture due to extreme weather conditions, he or she must outline to Capital Football the reasons in writing within 48 hours of the conclusion of the fixture.
- 3.2. The Match Official should suspend play during hail storms so match participants can take suitable shelter.
- 3.3. Match Officials should note where the ball was stopped for the future drop ball restart.
- 3.4. Match play conditions should be reviewed with attention given to the level of ice on the playing surface. Deferral of the restart for an additional 15 minutes to allow melting or manual removal of ice should be considered. Line markings should also be evaluated.

4 LIGHTNING

- 4.1. Capital Football and/or the Match Official may postpone, delay or abandon any fixture due to extreme weather conditions that may endanger participants including but not limited to lightning storms.
 - (i) Where the Match Official postpones, delays or abandons any fixture due to extreme weather conditions, he or she must outline to Capital Football the reasons in writing within 48 hours of the conclusion of the fixture.
- 4.2. The Match Official should suspend play during lightning storms under the 30/30 Lightning Safety Guideline so match participants can take suitable shelter.
- 4.3. Match Officials should note where the ball was stopped for the future drop ball restart.
- 4.4. Where lightning is observed, play should be suspended until 30 minutes after the last lightning event.
- 4.5. Match play conditions should be reviewed with attention given to the level of residual water on the playing surface. Line markings should also be evaluated.

30/30 LIGHTNING SAFETY GUIDELINE

- 1. Stop play if the time between seeing a lightning flash and hearing thunder is less than 30 seconds. Immediately safety under appropriate shelter.**
- 2. Do not resume play until at least 30 minutes has passed since the last thunder was heard.**

5 AIR QUALITY

- 5.1. Capital Football and/or the Match Official may postpone, delay or abandon any fixture due to extreme weather conditions that may endanger participants including but not limited to poor air quality.
 - (ii) Where the Match Official postpones, delays or abandons any fixture due to extreme weather conditions, he or she must outline to Capital Football the reasons in writing within 48 hours of the conclusion of the fixture.
- 5.2. Match Officials should note where the ball was stopped for the future drop ball restart.
- 5.3. Deferral of the restart for an additional 15 minutes to allow for air quality improvement should be considered.