



Extreme Weather Policy

18/10/2020

Belnorth may postpone, delay or abandon any fixtures due to extreme weather conditions that may endanger participants. These include:

- Heat and humidity
- Cold weather
- Hail
- Lightning
- Air Quality

Heat and Humidity

The effects of heat and humidity on participants must be taken into account to ensure their safety. During summer and the warmer months, the club and its participants should consider the following:

- [Sports Medicine Australia \(SMA\) Hot Weather Guidelines](#)
- Sun safety eg sunscreen and other sun protection.
- Schedule games and training sessions during the cooler parts of the day.
- Monitor forecasts for high temperatures.
- Ensure regular hydration by all participants.

If the temperature exceeds 32 degrees celsius, water bottles must be made available along sidelines during matchplay.

Recommended temperatures for cancellation of football activities:

- Adults: Ambient temperatures above 37 degrees celsius

- Children: Ambient temperatures above 32 degrees celsius

Cold Temperatures

At a temperature of negative 2 degrees celsius (Apparent Temperature) activities should be suspended due to the wind chill factor.

The current Apparent Temperature reading can be found [here](#).

Hail

Matchplay and training should be suspended during hail storms so participants can take suitable shelter.

With any restart of matchplay/training, surface conditions should be re-evaluated with the level of ice on the surface being observed and how it affects the participants safety.

Lightning

The 30/30 Lightning Safety Guidelines should be followed when there is lightning:

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

Air Quality

Matchplay and training should be cancelled/suspended when the [Air Quality Index \(AQI\)](#) is above 150. Participants unusually sensitive to air pollution (eg asthma) should avoid outdoor activity when the AQI is above 67.

The current air quality in Canberra can be found [here](#).

Further information on air quality from the Australian Institution of Sport (AIS) can be found [here](#).