

# Dominic College

## Extreme Weather Policy

### **Extreme weather – General**

Access to fields may be impacted by extreme weather conditions. In the event of extreme heat or thunderstorms, training sessions may have to be cancelled or abandoned for health and safety reasons.

Should extreme weather be forecast, we will make every attempt to expedite a decision based on the most current information available and contact families directly on the day of training.

In the circumstances where training has commenced but sudden changes in weather conditions occur, the senior coach on duty may have to make a decision to abandon the session for safety reasons. In such cases, families will be contacted immediately and coaching staff will wait with players until all parents/guardians have arrived for player collection.

In the event of extreme weather, we recommend that you do not take unnecessary risks on the roads. If it is unsafe to travel to the venue, please notify us as soon as possible.

### **Wet Weather and Flooding**

Training will not automatically be cancelled for wet weather. Playing and training in wet conditions is a normal part of outdoor sport and as such training will proceed where venues are open and where our coaches assess that conditions are safe and that a meaningful session can be delivered.

However, there are times where training may need to be cancelled for various reasons including ground closures and extreme wet weather where we believe conditions are dangerous or of such a nature that a meaningful session cannot be delivered.

For sessions at venues with wet weather alternatives, all players should always have suitable indoor football shoes in their kitbag for every session.

### **Extreme Heat**

Dominic College programs follow the guidelines published by Football NSW for Hot and Extreme Heat conditions which are in line with the guidance published by Sports Medicine Australia.

*These policies are recognised nationally, form the basis of Football Tasmania's approach, and are consistent with best practice across all states.*

These guidelines recommend the cancellation or postponement of football events involving children at ambient temperatures of 32°C or above.

- Football NSW Hot Weather Policy is available [here](#):
- Hot Weather Guidelines supplied by Sports Medicine Australia can be found [here](#):

## **Lightning**

Lightning presents a real risk of death or serious injury to outdoor sports participants. It accounts for around 10 deaths and over 100 injuries in Australia each year. Lightning does not need to directly strike a person to cause death or serious injury. Dominic College programs follow the Football NSW Lightning Policy and the 30/30 lightning safety guidelines:

### **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 seek safety under appropriate shelter.
  2. Do not resume play until at least 30 minutes has passed since the last thunder was heard.
- Football NSW Lightning Policy can be found [here](#):

## **Air Quality**

Exposure to air pollution may cause a wide range of health effects. Dominic College programs will act in terms of the Football NSW air quality guidelines:

- When the AQI is 'fair' or 'poor', consideration will be given by our coaches to modifying the event or game until the AQI improves.
- When the AQI level is 'very poor' or 'hazardous', training may be cancelled.

In those cases, you will be advised as outlined above.

- Football NSW Air Quality Guidelines can be found [here](#):