

Extreme Weather Procedure (WP-11)

Policy Area	WHS
Procedure Number	WP-11
Version	1
Approval Date	3 August 2018
Review Date:	August 2020
Scope:	All employees or Board or relevant employee group

Procedure

Inclusive Sport SA (ISSA) is committed to providing a safe environment which reduces exposure of employees, volunteers and participants to the effects of extreme weather conditions such as heat and humidity, hail and lightning. The health and safety of employees, volunteers, participants and supporters during heat and extreme weather conditions is a priority of ISSA.

The Bureau of Meteorology (BOM) website www.bom.gov.au is to be used to access the forecast temperature, rainfall, potential for hail, lightning or fire danger rating.

Hot Weather Procedure (incorporating SunSmart guidelines)

ISSA is committed to providing a safe environment which reduces exposure of employees, volunteers and participants to conditions that could result in heat stress or skin cancer.

Heat stress (also known as heat illness) and heat stroke occur when the body is unable to disperse excess heat and maintain its normal body temperature. Contributing factors include: work rate, dehydration, air temperature, humidity, air flow, clothing and radiant heat. Heat stress can occur in both outdoor and indoor environments (Appendix 1)

1. The Client Services Officer (CSO) will monitor forecasted temperatures for days when ISSA programs and activities are scheduled to operate and will liaise with relevant personnel e.g. Rapidswim program Instructors/Therapists In Charge (ICs) or Program Coordinators to make a decision on the action required.
2. The CSO will be familiar with the Hot Weather policies and procedures of the various sporting associations through which coordinated programs operate (Appendix 3)
3. The CSO will ensure employees, volunteers and participants are informed about how to avoid heat stress and how to recognise and handle cases of heat stress if they occur. Information is to be included in relevant program/activity printed material which is regularly provided to employees, volunteers and participants (Appendix 1).
4. Where potential risk of heat stress is identified, the CSO will recommend rescheduling, postponement or cancellation of programs/activities or making adjustments e.g. taking additional breaks, rotation of duties, lower intensity activities, access to shade and water.

Hot Weather Temperature Guidelines

Outdoor activities

The CSO will refer to Sports Medicine Australia Hot Weather Guidelines, Ambient temperature guide Appendix 2 and sports specific details in Appendix 3.

Indoor activities (indoor cricket, indoor soccer, indoor rowing)

As for outdoor activities

Rapidswim and Aquatic Therapy

All Rapidswim and Aquatic Therapy programs will operate using the same guidelines as Outdoor activities, with the exception of programs operating at Hampstead Rehabilitation Centre. The Hampstead Rehabilitation Centre has its own policy which pool users are required to abide by. See Appendix 3.

Extreme Weather Procedure (hail, strong winds, lightning)

In the instance of forecasted extreme weather, the CSO will liaise with program supervisors (ICs and Coordinators) to ascertain the action required. The CSO will be familiar with the policies and procedures of the various sporting associations through which coordinated programs operate.

Lightning:

The lightning safety rule of 30/30 will be observed i.e. when play is to be stopped when the lightning to thunder ratio reaches 30 seconds or less (time between when the lightning is seen and the last thunder is heard) play will be suspended and participants will be moved to a safe structure e.g. enclosed vehicles (windows closed), substantial enclosed buildings, low ground, sheltering in clumps of low bushes or trees of uniform height. Play must not resume until 30 minutes after the last lightning strike and thunder.

Hail:

All play or activity must immediately cease if there is hail. All persons should seek immediate cover.

Should weather conditions fail to improve, the game/activity will be cancelled at the discretion of the controlling body. Where a match/game is cancelled, it is at the discretion of the governing Association and competition rules to decide the result of a match or whether it will be rescheduled for replay at a later time.

Notification of Cancellation

The CSO will notify employees, volunteers and participants of postponements or cancellations by telephone, SMS, email and/or social media.

Notification will be provided at the earliest opportunity following a decision to postpone or cancel a program/activity.

Rapidswim programs at Hampstead Rehabilitation Centre: Participants, parents/carers, Instructors and Therapists will not be advised individually of cancellations, however Inclusive Sport SA will post reminders on Face Book and send bulk SMS reminders.

Lesson/Participation Fees

A credit for 'cancelled lesson/activity fees' will apply where a program/activity has been cancelled by ISSA due to this procedure.

Rapidswim:

Where a decision has been made not to participate due to heat or extreme weather conditions, by a participant/parent/carer, a credit will apply within the two (2) credits per term allowance.

Incident Report

In the instance of heat stress or other extreme weather incident, an Incident Report will be completed by the supervising employee or volunteer and submitted to the CSO within 24 hours of the incident.

Related Documents and Further Information

- W-1 Work Health Safety Policy
- WP- 3 Incident Reporting Procedure
- WF-2 Accident and Incident Form

_____ Signed	_____ Chief Executive Position	_____ Date
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Appendix 1 - Hot Weather Guidelines

Symptoms of Heat Stress may include:

- Light headedness, dizziness
- Nausea
- Obvious fatigue
- Cessation of sweating
- Obvious loss of skill and coordination/clumsiness or unsteadiness
- Confusion
- Aggressive or irrational behaviour
- Altered consciousness
- Collapse
- Ashen grey pale skin

Heat Stroke

Those who show signs of altered mental function, loss of consciousness or collapse **during** exercise are likely suffering heat stroke. Participants showing signs of confusion, loss of skill, loss of coordination or irrational behaviour, should be stopped and removed from the field immediately.

Heat stroke is potentially life threatening. Any indication of this condition should be immediately referred for medical assessment.

Suitable equipment/resources

Employees, volunteers and participants will provided with information on suitable clothing, hats, sunglasses, fluid levels, UV Protection, shading or shelter.

Age and gender of participant (taken from Sports Medicine Australia, Hot Weather Guidelines)

- *Female participants may suffer more during exercise in the heat because of their greater percentage of body fat.*
- *Young children are especially at risk in the heat. Prior to puberty, the sweating mechanism, essential for effective cooling, is poorly developed. The ration between weight and surface area in the child is also such that the body absorbs heat rapidly in hot conditions.*

On no account should children be forced to continue sport or exercise if they appear distressed or complain about feeling unwell.

Predisposed medical conditions (taken from Sports Medicine Australia, Hot Weather Guidelines)

- *It is important to know if athletes, umpires, officials or volunteers have a medical condition or are taking medication that may predispose them to heat illness.*
- *Examples of illnesses that will put the participant or official at a high risk of heat illness include asthma, diabetes, pregnancy, heart conditions and epilepsy. Some medications and conditions may need special allowances.*
- *Participants and officials who present with an illness such as a virus, flu or gastro or who are feeling unwell are at an extreme risk of heat illness if exercising in moderate to hot weather.*
- *Participants or officials who may be affected by drugs or alcohol may be at an extreme risk of heat illness if exercising in moderate to hot weather.*
- *SMA has produced Pre-exercise Health Check Guidelines. These should be used if pre-existing medical conditions are suspected or if the participant has no recent record of activity. Guidelines can be downloaded from www.sma.org.au .*

Appendix 2 - The Bureau of Meteorology (BOM) ambient and WBGT readings

www.bom.gov.au/info/thermal_stress/index.shtmls

Ambient temperature

Ambient temperature	Relative humidity	Risk of Heat Illness	Possible management for sustained physical activity
15 – 20		Low	Heat illness can occur in distance running. Caution over-motivation.
21 – 25	Exceeds 70%	Low – moderate	Increase vigilance. Caution over-motivation.
26 – 30	Exceeds 60%	Moderate	Moderate early pre-season. Reduce intensity and duration of play/training. Take more breaks.
31 – 35	Exceeds 50%	High – very high	Uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 60 minutes per session.
36 and above	Exceeds 30%	Extreme	Very stressful for most people. Postpone to cooler conditions (or cooler part of the day) or cancellation.

WBGT (Wet Bulb Globe Temperature) index

WBGT	Risk of thermal injury	Possible modifying action for vigorous sustained activity
Less than 20	Low	Heat illness can occur in distance running. Caution over-motivation
21 – 25	Moderate to high	Increase vigilance. Caution over motivation. Moderate early pre-season training intensity and duration. Take more breaks.
26 – 29	High – Very High	Limit intensity. Limit duration to less than 60 minutes per session.
30 and above	Extreme	Consider postponement to a cooler part of the day or cancellation (allow swimming).

Appendix 3 - Temperature for cancellation – Program/Sport specific

Sport/Activity	Forecasted Temperature	Cancellation	Other
Rapidswim <ul style="list-style-type: none"> Hampstead Rehabilitation Centre programs All other Rapidswim/Aquatic Therapy programs 	38° or above Based on TV evening weather forecast, night before program As per BOM Ambient Temperature and WBGT guidelines	Yes No	Under 38° - As per BOM Ambient Temperature and WBGT guidelines As per BOM Ambient Temperature and WBGT guidelines
Indoor Cricket	35 or above	No	As per BOM Ambient Temperature and WBGT guidelines
Indoor Soccer	35 or above	No	As per BOM Ambient Temperature and WBGT guidelines
Indoor Rowing	35 or above	No	As per BOM Ambient Temperature and WBGT guidelines
Canoeing	WINDY weather highest risk	At discretion of Coordinator	Canoe SA use BOM forecast for West Lakes area as a guide.
Lawn Bowls	Club policy does not affect program – greens reopen at 6pm no matter what the forecasted temperature is.	No	As per BOM Ambient Temperature and WBGT guidelines. Refer to Clearview Bowling Club policy.
Football	40° or above As per radio station 5AA at 8am of day of match	Yes	Under 40° - As per BOM Ambient Temperature and WBGT guidelines
Netball	35° or over Forecast on Channel 9 at 6pm Friday evening	Yes	Adelaide Metropolitan Netball Division (AMND) Policy