

HOT WEATHER

In the event of forecast high temperatures for a home meet, the Golden Grove Little Athletics Centre (GGLAC) Committee shall modify the program appropriately. Only in the event of a prolonged heat wave may a Saturday home meet be cancelled.

For twilight home meets if the temperature at 5pm on the Bureau of Meteorology website for Parafield (<http://www.bom.gov.au/sa/observations/adelaide.shtml>) is:

- 36.0 to 39.9 degrees then the meet will start at 7pm and the program modified.
- 40.0 degrees or above then the meet will be cancelled.

When competition is held in warm to hot conditions, the Committee will provide:

- Broad spectrum sunscreen. Application of sunscreen will be strongly encouraged.
- Shade tents setup around the arena providing shade for athletes and parents.
- Water will also be available with water buckets for the athletes to splash themselves with cool water. Athletes, coaches, parents, officials, volunteers etc, will be encouraged to keep rehydrating to prevent any potential heat illness.
- Where possible GGLAC utilises the Cancer Council SA Sun Smart campaign. For more information refer to www.cancersa.org.au

WET WEATHER

In the event of wet or hazardous weather conditions (e.g. storms, wind, rain, lightning, fog or hail), a decision to cancel a meeting will be evaluated and delayed until the last minute to give our athletes every opportunity to compete.

In the event of wet/damp conditions, the Committee will modify the program appropriately.

THUNDERSTORMS / LIGHTNING

When thunderstorms threaten, the safety of athletes, officials, coaches or spectators must remain paramount. Some lightning facts:

- All thunderstorms produce lightning and are potentially dangerous.
- Lightning often strikes outside the area of heavy rain and may strike as far as 15km from any rainfall.
- Any time thunder is heard, the thunderstorm is close enough to pose an immediate lightning threat.
- Many lightning casualties occur before the thunderstorm rains have moved into the area. This is often due to people not seeking shelter soon enough.
- Large numbers of casualties occur after the rain dissipates. This can be due to people being in too much of a hurry to go back outside and resume activities.

In the event of a thunderstorm being in the area during a meet, announcements will be

made to the best course of action. This may include:

- Cancelling the meet.
- Abandoning the meet if it has already commenced.
- Postponing the meet and taking shelter.

In the event of shelter being needed, Tilley Hall will be opened for the safety of all Members. Members are not to take shelter on any part of the field, in the equipment sheds, soccer sheds or under trees.

The decision to abandon or recommence an event will be at the discretion of the committee.

Please check our website and Facebook page for updates, or if you are still in doubt as to whether an event will proceed, please contact a member of the Committee.

For all Association events please refer to SALAA all weather and extreme weather policies available on their website www.salaa.org.au.

Please refer to the training policy for information on hot weather during scheduled training.

ULTIMATELY ANY DECISION FOR AN ATHLETE TO COMPETE IN EXTREME HEAT OR INCLEMENT CONDITIONS IS AT THE DISCRETION OF THEIR PARENTS.

Review

This policy will be reviewed annually by the Committee.

Policy developed: Sep 2015

Reviewed without change: Sep 2017, Oct 2018, Oct 2019, Oct 2020, Sep 2022, Aug 2023

Reviewed with changes: Aug 2021

Date for next review: Aug 2024