

Kyneton District Soccer Club Extreme Weather Policy



Document Control

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| Approval Date: | 19/05/2025 | |
| Review Date: | 02/2026 | |
| Version Number: | 1.0 | |
| President: | Ron Cole | Signature: |
| Vice President: | Kate Kuyateh | Signature: |

Kyneton District Soccer Club (KDSC) is committed to minimising the risks of overexposure to environmental elements to ensure KDSC players and members are protected against illness or injury.

Purpose and Scope

KDSC has a responsibility under health and safety legislation to provide and maintain a safe environment for players, volunteers and spectators. KDSC will ensure to minimise harm, to fulfil this obligation and duty of care. Extreme weather can unduly place our members' health at risk. KDSC aims to recognise the risks and minimise or avoid, where possible, environmental conditions including, heat, ultraviolet radiation, lightning, air quality, cold weather and environmental extremes capable of impacting on members health. This policy will assist coaches, players, officials and spectators to undertake necessary action in cases of weather and extreme weather in order to reduce risk of illness or injury.

Extreme Heat

Associated risks with hot weather

KDSC recognise the risk of body temperature and inherent risks from high intensity sport. Heat-related stress can impair a players performance and health, including but not limited to;

- High heart rate,
- Dizziness / loss of consciousness,
- Headache,

- Loss of endurance and skill,
- Nausea, and
- Vomiting.

This can be enhanced through inadequate fluid replacement during exercise. Heat stroke is a condition in which body temperature control is impaired.

Risk Assessment

Schedules, fixtures, rule modifications or cancellation

Where possible, training, events and competitions are to be scheduled to minimise exposure to extreme environmental conditions.

- Cancellation of training, events or competition occurs - according to the rules of [Football Victoria \(FV\) Extreme Weather Policy](#) when high risk conditions are forecast or present.
- The [Wet Bulb Temperature reading at the Bureau of Meteorology](#) for Redesdale for any Kyneton based activity will be assessed 30 minutes prior to commencement of activity and the below table taken from FV Extreme Weather Policy will be applied to make a decision on proceeding and recommended management of sport activities.

Table 1: Wet Bulb Global Temperature Thresholds and Management (FV Extreme Weather Policy)

| WBGT | RISK OF HEAT ILLNESS | AGE GROUPS | RECOMMENDED MANAGEMENT OF SPORTS ACTIVITIES AT TRAININGS & MATCHES |
|---------------------|----------------------|--------------------------------|--|
| Less than 20 | Low | All Age Groups | <ul style="list-style-type: none"> • Heat illness can occur in distance running |
| 20 – 26 | Moderate - High | MiniRoos | <ul style="list-style-type: none"> • Increased caution. • Increase drink breaks. • Activation of section 1.2. & 1.3. of this document. <p>Abandon or postponement of Fixture at 26 WBGT and above.</p> |
| 26 – 29 | High – Very High | U12 – U18 Metro & Masters | <ul style="list-style-type: none"> • Increased caution for all junior competitions as well as all Metro and Masters competitions. • Increase drink breaks. • Activation of section 1.2. & 1.3. of this document. <p>Abandon or postponement of Fixture at 29 WBGT and above.</p> |
| 30+ | Extreme | Seniors, Reserves, U20s & U19s | <ul style="list-style-type: none"> • Increased caution for all U18+ competitions. • Increase drink breaks. • Activation of section 1.2. & 1.3. of this document. <p>Consider abandonment or postponement at 30 WBGT and above.</p> |

Where it is not possible to avoid peak heat periods, the following interim steps are taken to minimise the risk of overexposure to UV and heat illness:

- Warm-up activities are limited in duration and intensity;
- The duration of the activity is reduced;
- Activities start earlier in the morning or later in the evening;
- Rest breaks and opportunities to seek shade and rehydrate are increased;
- Officials rotate out of the sun more frequently than usual;
- Player interchange and substitution is used more frequently than usual;
- Activity is held at an alternative venue (e.g. training at a pool);
- Officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible;
- Sunscreen is provided and encouraged; and
- Football Victoria / KDSC reserves the right to postpone or reschedule matches due to hot weather.

Duty of Player / Parent / Guardian

Players / parents / guardians have a responsibility to minimise the impact of environmental factors, and the below should be considered:

- Adequate fluid intake (use water and electrolyte drinks) (min 500-750ml) two hours prior to training and matches (min 500-750ml every 60 minutes of activity);
- Monitor hydration;
- Notify coaches when affected by heat;
- Use cooling strategies;
- Do not play in the heat with an illness; and
- Apply sun protection factor 30+ sunscreen in high UV conditions.

Duty of KDSC

KDSC will support the coaches / players / volunteers in the application of this policy. KDSC will monitor environmental factors for any activity administered by the club and implement FV guidelines.

- KDSC appointed officials will be delegated the responsibility of monitoring and managing strategies.
- Ensure KDSC coaches have knowledge and understanding of policy, risks and management strategies.
- Coordinate activities outside of extreme environment conditions.
- Provide access to water for refilling water bottles.

Extreme Cold

Associated risks with cold weather

In conditions where extremely cold temperatures prevail, health risks exist. Progressive signs of hypothermia indicate onset including;

- Intense or violent shivering,
- Confusion,
- Numbness,
- Lack of coordination or stumbling,
- Sluggishness,
- Difficulty with speech or slurred speech,
- Depression,
- Muscle stiffness, and
- Vision impairment.

Risk Assessment

All measures will be undertaken to minimise risks for players and officials, supporting

- Undergarments of the same colour at the strip to provide additional warmth.
- Cancel training sessions if weather conditions are deemed too extreme as per below Table 2.

Table 2: Extreme weather conditions and management solutions (FV Extreme Weather Policy)

| CONDITIONS | | |
|--|---|---|
| Extreme Heavy Rain / Poor Visibility | Extreme Hail/Ice on Ground | Extreme Cold Weather |
| <ul style="list-style-type: none"> • Play/Competition should be suspended until hazard clears. If it continues to rain heavily during that time, it is recommended that play/ competition be postponed until further notice. • The match official will determine whether play is safe to continue or is delayed until hazard clears. | <ul style="list-style-type: none"> • Play/ Competition should be suspended immediately until hazard clears. • Refer to weather radar for official report and where available, shelter should be offered for players/ spectators/officials until cleared. • The match official will determine whether play is safe to continue or is delayed until hazard clears. | <ul style="list-style-type: none"> • When severe winter weather is forecast, weather reports and traffic conditions within the immediate area should be monitored. • If the ground is slippery from frost, snow, rain or mud, or if the temp drops below 8 degrees, it is at the discretion of • The match official will determine whether play is safe to continue or is delayed until hazard clears. |

Duty of KDSC and Players

At the earliest signs of above symptoms;

- Take the participant to a dry and warm environment, provide blankets, additional dry clothing.
- Substitute wet clothing for dry where practical.
- Maintain the intake of fluids.

Lightning and Thunderstorms - Associated risks with lightning

Lightning can present a risk of death or serious injury to outdoor sport participants. Lightning does not need to directly strike a person to cause death or serious injury.

A person touching, or close to, an object struck by lightning may be affected by a side-flash or transferred energy (being within 20m of a tree struck by lightning is considered to be in the lethal zone).

Duty of KDSC and Players

Appropriate shelter should be sought when a thunderstorm is local. Bureau of Meteorology (BOM) will be sought regarding local information of thunderstorms. Application of the 30/30 Safety Guideline (time from observing a flash of lightning to hearing thunder in 3 seconds is approximately 1 km away) if observed within 10km (30 seconds between lightning and thunder) then postponement or suspension of activity must occur immediately.

Resumption of activity is recommended waiting 30 minutes at a minimum after the last sighting of lightning or sound of thunder.

The decision to delay or suspend play, as well as resume play will be made by match officials/ club officials based on information from BOM, the 30/30 safety guidelines.

Where thunderstorms are forecast KDSC will monitor, taking note of warnings.

Safety Measures

- Shelter should be sought in a substantial building.
- Do not shelter under trees, particularly an isolated tree.
- Do not shelter in small sheds, pagodas, walkways.
- Do not touch or stand close to any metallic structures, including fences, light towers, or goal posts.
- Do not stand on or under bridges or other elevated structures.
- Do not carry metallic objects such as umbrellas or golf clubs.
- If on an open field away from shelters, keep low and as small as possible.
- Do not ride or sit on motorcycles.
- Do not swim or wade in any body of water.

Air Quality and Pollution - Associated risks with poor air quality

Weather conditions. And events like fires can affect air pollution levels. For example, smoke from bushfires and wind-blown dust impact Victoria's air quality. Smoke can affect people's health.

People with heart and lung conditions (including asthma), children, pregnant women and older people are more sensitive to the effects of breathing in smoke.

People with treatment plans should follow as advised by a doctor.

Precautions

The Air Quality Index (AQI) is used to quantify air quality

- Localised air pollution levels
- The common contributing pollutants
- The potential health risks and advice relating to adjusting normal activity. Consecutive days exposure to polluted air can have a cumulative effect.
- More information on air quality can be found at [EPA](#) or [AQICN](#)

Air Quality Parameters

- Local air quality concerns will be communicated through VicEmergency.
- [Smoke Pollution and Exercise Guidelines](#) used for the Australian Institute of Sport, see below Table 3.

Table 3: Air Quality Index measurements and management solutions (FV Extreme Weather Policy)

| IN VENUE AQI | ACTION PLAN |
|------------------|---|
| Below 150 | Matches to go ahead as planned. |
| 150-200 | The Match Official assesses conditions in consultation with the club nominated officials and medical officers, with matches to proceed unless otherwise deemed unsafe. |
| 200+ | Matches are immediately ceased until such time as the AQI returns to an acceptable range and the Match Official in consultation with the club nominated officials and medical officer agree it is safe to play. |

Ultraviolet Radiation - Associated risks with the Sun and Ultraviolet radiation

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. Australia has one of the highest rates of skin cancer in the world. Two in three Australians will develop some form of skin cancer before the age of 70.

Sun protection measures

The sun protection times from the Bureau of Meteorology forecast the time of day UV levels are due to reach 3 or higher. At these levels, sun protection is recommended for all skin types. In Victoria, UV levels regularly reach 3 or higher from mid-August to the end of April.

A combination of sun protection measures are needed during the daily local sun protection times. Schedules, fixtures and rule modifications where possible, training, events and competitions are scheduled to minimise exposure to UV and heat in summer, spring and autumn. Where it is not possible to avoid peak UV and heat periods, the following interim steps are taken to minimise the risk of overexposure to UV and heat illness:

- Warm-up activities are limited in duration and intensity. The duration of the activity is reduced.
- Activities start earlier in the morning or later in the evening.
- Rest breaks and opportunities to seek shade and rehydrate are increased.
- Officials rotate out of the sun more frequently than usual.
- Player interchange and substitution is used more frequently than usual.
- Activity is held at an alternative venue (e.g. training at a pool).
- Officials, coaches and senior members act as role models by wearing sun-protective clothing and hats, applying sunscreen and seeking shade wherever possible.

Sun protection measures can include when high UV and heat days

1. Clothing - Wearing a hat, tops/jerseys that are loose-fitting and lightweight. Where the competition uniform does not provide adequate sun protection, participants are reminded to apply SPF30 (or higher) broad-spectrum, water-resistant sunscreen to all exposed skin and wear covering clothing whilst not on the field.
2. Sunscreen - SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants. Participants are encouraged to apply sunscreen 20 minutes before training or playing and to reapply every two hours or immediately after sweating, swimming or toweling dry. Sunscreen is stored below 30°C and replaced once it is past the use-by date. Participants are encouraged to apply a generous amount of sunscreen (the equivalent of one teaspoon per limb).
3. Shade - Where possible when not actively playing or between events, participants are encouraged to rest in shaded areas. Where there is insufficient natural or built shade, temporary shade structures are encouraged and participants are notified to bring their own temporary shade (e.g. tents or umbrellas). Shade from buildings, trees and other structures is used where possible (e.g. for player interchange, marshalling areas, spectator areas). Marshalling, interchange and presentation ceremony areas are protected by shade. Participants and officials rotate to cooler, shaded areas.

Education and information - The sunsmart widget is included on the KDSC webpage to provide additional local, up to date and relevant information.

Unforeseen Environmental Conditions - Associated risks with Extreme Weather

Other extreme weather or environmental conditions, can include strong winds, flood, extreme fire danger, or fires being present in the vicinity. KDSC club officials and other local government officials can determine the safest outcome for all.

Warnings through VicEmergency and local emergency services will provide information.

