

## EGA HOT WEATHER POLICY

Extreme Weather Policy

### Policy Application

- ✓ Management
- ✓ Coaching
- ✓ Athletes

### Policy Purpose and Scope

The purpose of this policy is to outline the conditions under which classes will be cancelled as a result of extreme weather conditions. This policy is a safety measure to ensure we reduce the risk of injury or illness as a result of training in extremely hot or cold weather. This applies to ALL classes and events held at EGA. Notice of any cancellations will be made available on the EGA website & via Team App.

Temperatures are registered as an average reading taken between the 2 points. Once the temperature reaches 31 degrees Celsius levels will be monitored and recorded.

**Hot Weather** When temperature exceeds 36 degrees in Summer all sessions will be postponed or cancelled. Note: All temperature readings are taken at 3pm before training on week days and 30 minutes prior to any training time on Saturdays, holiday periods and during Kindergym timeslots

- Temperature range of 26 to 30.  
Moderate intensity and allow further breaks if requested. Encourage hydration.
- Temperature range of 31 to 35.  
Limit intensity and take more breaks. Limit sessions to 60 minutes during extended classes. Encourage hydration and cooling down.
- Temperature range of 36 and above.  
Postpone stressful training.  
Encourage slow and gentle activity.

**Cold Weather** When temperature is less than 4 degrees in Winter all sessions will be postponed or cancelled. Note: All temperature readings are taken at 3pm before training on week days and 30 minutes prior to any training time on Saturdays, holiday periods and during Kindergym timeslots.

During the summer months we experience some extreme weather conditions. During these times all classes will go ahead as per normal, at the Head Coach/Managers' discretion however classes could be cut short.

We wish to advise all members that we will at all times be diligent and caring and provide the best we can to assist with the safety of children in regard to reactions from exposure to extreme heat.

In the event of high temperatures EGA STAFF are instructed to follow the guidelines as specified in the "BEAT THE HEAT" fact sheet as issued by Sports Medicine Australia which is available on the EGA website or upon request.

**EGA Coaches will apply the following to classes;**

Hydration.

The more athletes sweat, the more fluid they must consume to avoid dehydration. High levels of dehydration may increase the risk of heat stress. To diminish the risk of heat stress fluid should be consumed before, during and after activity. This should be heavily encouraged and monitored by coaches.

Participant rest.

In conditions of high risk participants should be provided opportunities to rest. For situations where the ambient temperature is greater than 38.9 degrees Celsius, all participants should be rested for at least 25% of the period in which they would normally participate. The positive effects of rest breaks should also be maximised by employing the following strategies:

- Providing fans, ice fluids and air-conditioning (applicable Bayswater & Bassendean only)
- Providing additional fluids to allow participants to spray or douse themselves to assist cooling. EGA will provide spray bottles, icy poles & chilled water
  - Allow children to ring parents to be picked up.
  - Any child that exhibits signs of heat fatigue will be removed from the class and sat in a quiet place in the coolest available area.
  - We will provide air conditioned space if available in cases of serious concern.
  - In the event of any extreme reaction or concern the EGA staff are advised to seek medical assistance.

EGA wishes to advise that we will endeavour to provide care to all children but we cannot be held responsible for changes in the weather or extreme conditions.

**It is the responsibility of parents to monitor the conditions and make the appropriate decision to attend or not.**

We encourage all parents to remove children from classes if they are concerned. In the event of any of these actions we cannot offer refunds or make up classes as we are required to have staff in attendance to assist children who are unable to be picked up.

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