

**POLICY TITLE:** Extreme Weather Policy

**DATE OF ADOPTION** October 2021

**DATE OF REVIEW** October 2021

### Purpose and Objective

Illawarra Academy of Sport (IAS) recognises the dangers of extreme weather and the need to ensure that there are appropriate policies and procedures in place to mitigate risks to players, officials, coaching staff and spectators at all training and competitions should an extreme weather event occur.

The objective of the Extreme Weather Policy (Policy) is to:

- protect the health, safety and well-being of persons who participate in activities the IAS;
- ensure venues are safe places to play; and
- provide a defined process to any event, training and/or competition organised or managed by the IAS.

### 1. Extreme Heat

With higher temperatures now occurring more frequently, consideration must be given to the effects of heat and humidity on elite and amateur athletes and particularly children involved in sporting activities. The IAS has considered several factors in the development of the policy. The following is provided in accordance with information provided by Sports Medicine Australia.

Coaches, Managers and Administration staff will consider the factors identified within the Sports Medicine Australia Hot Weather Guidelines document (<https://sma.org.au/sma-site-content/uploads/2017/08/hot-weather-guidelines-web-download-doc-2007.pdf>) including;

- Temperature
- Duration and intensity of the event
- The environment in which the activity is conducted

**Specifically, the IAS will look to modify, postpone, move indoor or cancel an active session if the ambient temperature is 36 degrees, with 30% humidity.**

## 2. Air Quality Policy

The Air Quality Index (AQI) is an index for reporting hourly and daily air quality in New South Wales. The AQI outlines:

- Air pollution levels, detailed information for those more sensitive to air pollution and ways to prevent harm to yourself

*Below is the chart from the AQI website which outlines the levels of Air Quality and when it is safe to participate in outdoor activities.*

Colour indicator	What activities can I do
0-33 Very good	Enjoy normal activities.
34-65 Good	Enjoy normal activities.
67-99 Fair	People unusually sensitive to air pollution should reduce or reschedule strenuous outdoor activities. Others are not likely to be affected when the AQI is in this range.
100-149 Poor	Sensitive groups should reduce strenuous outdoor activities. Other adults are not likely to be affected. Anyone who experiences symptoms should reduce outdoor activities.
150-199 Very poor	Sensitive groups should avoid strenuous outdoor activities Other adults should reduce or reschedule strenuous outdoor activities.
200+ Hazardous	Sensitive groups should avoid all outdoor activities. Other adults should avoid strenuous outdoor activities.

We recommend that all coaches, managers and administrators download the “Air Visual” app and utilise this app for the region and the time that the activity is planned. The app provides an hourly update that should be used as the guide for decision-making.

**For all IAS activities that could be exposed to levels of 100 or more should consider alternative activities that are less strenuous, relocate indoors, or modify the activity for those with asthma or respiratory conditions.**

**For all IAS activities that could be exposed to levels of 150 or more should postpone, relocate indoors, or cancel the activity.**

Your local club

