

MID HILLS NETBALL ASSOCIATION – EXTREME WEATHER POLICY.

(To apply to both Winter and Summer competition including all daytime and night time matches, and associated training and practice sessions.)

Incorporating the Wet Weather and Hot Weather Policies.

OVERVIEW.

- The Mid Hills Netball Association recognises that the game of netball is traditionally an outdoor, winter sport, and the preference is that all matches are played to schedule.
- The MHNA expects that correct clothing and suitable footwear is worn by all players at all times, and that all players and officials are responsible for ensuring that they have access to appropriate protective clothing, sunscreens, supply of drinking water and access to dry clothing, if required after the completion of a match.
- Although severe weather forecasts may result in a blanket cancellation of games in advance, this is unlikely, and decisions regarding cancellation, interruption or abandonment of matches would normally be made on a time slot basis, either immediately prior to, or during play.
- Match duration may be lessened and/or break times adjusted, due to prevailing conditions at the time, or to allow excess water to be removed from playing surfaces.
- Matches may be interrupted by the Weather Committee to allow intense weather conditions to pass, before play is re-commenced. Umpires retain the right to hold time, on individual courts if they feel weather conditions make this necessary.
- The decision to cancel, interrupt or abandon matches will be made by the Weather Committee of the day (see By-Law 8.7), and will be based on reasons of player safety, and not on the comfort of players and officials. Notwithstanding this, the Association does realise that very young players may be more susceptible to distress caused by intense conditions.
- Weather Committee shall consist of two (2) Board of Management representatives and one (1) nominated Umpires representative.

SITUATIONS WHERE CANCELLATION OF MATCHES MAY APPLY.

- Forecasts of extreme heat, catastrophic fire danger, or extreme violent weather.

SITUATIONS WHERE INTERRUPTION TO PLAY MAY APPLY.

- Short periods of intense rain, hail or strong winds.
- Short periods of localised thunderstorm or lightning activity.
- Short periods of intense heat.

SITUATIONS WHERE ABANDONMENT OF PLAY MAY APPLY.

- Prolonged localised thunderstorm or lightning activity.
- Prolonged, intense hail or sleet activity.
- Prolonged extremely heavy rain or high wind speeds.
- Excessive water remaining on court playing surfaces.
- Periods of extreme temperature.

See over for Procedures.

PROCEDURES.

CANCELLATION OF MATCHES due to weather forecasts.

1. If at 6.00pm on the day prior to competition, the proposed maximum, match day temperature forecast for the Mt Barker area is 38 degrees or higher, or a Catastrophic Fire Danger Warning has been declared for the Mt Lofty Ranges area, then all Junior and Senior, matches will be cancelled.
2. Any such cancellation, will be advertised on the Mid Hills website at www.midhills.sa.netball.com.au

MODIFICATION OF PLAYING TIMES AND GAME BREAKS.

1. If the temperature at the Woodside Courts, according to the official Association weather station, prior to the commencement of the game, is 34 degrees or higher, playing times for all matches in that round will be reduced by 3 minutes (or more) per quarter. Longer break times and extra drink breaks may be designated by the Weather Committee.
2. Should the temperature rise to 38 degrees or more, during playing time, matches at this, and other time slots in that round, may be abandoned, at the discretion of the Weather Committee.

INTERRUPTION OF MATCH due to intense conditions. - [ALERT](#)

- Players and officials will be notified of an interruption to matches by the sounding of an alert siren (conforming to AS 1670.4)
- Umpires should instruct timers to hold time, and players should move to the side of the court and attempt to keep warm until play re-commences.
- Weather Committee will assess conditions and will give a 30 second warning to advise players and officials when the match is about to re-commence.
- If after a reasonable amount of time, the Weather Committee considers that the conditions will not improve, play in that timeslot may be abandoned.
- Decisions regarding the next timeslot will be made prior to the start of those matches, unless the decision has been made to cancel all remaining matches.

INTERRUPTION OF MATCH due to a danger to players and officials. - [EVACUATION](#)

- Players and officials will be notified of dangerous weather conditions on courts, by the sounding of an evacuation siren, (conforming to AS 1670.4)
- At this time they will be asked to proceed, in an orderly manner to the clubrooms to obtain shelter, and receive further instructions.

1. RATIONALE

Exercise in the heat places extra demands on the body. High intensity exercise in a hot environment, with associated fluid loss and elevation of body temperature can be quite dangerous. Dehydration, heat exhaustion and heat stroke may result.

2. RECOMMENDATIONS to Club Officials, Coaches, Managers etc

- Team Coach's and Manager's should strongly promote and encourage fluid replacement before the game, during breaks and after the game. (refer to Sports Medicine Aust. Drink Up brochure).
- Where possible promotion of fluid replacement messages before, during and after the game should be made.
- Team Coaches and Managers should use the entire bench (eg. rotate players regularly).

3. EDUCATION

- All Clubs through Administrators, Team Coaches and Managers should:
 - a. Actively encourage participants to bring personal drink bottles to both training sessions and games.
 - b. Educate participants about the importance of hydration, maintaining fluid levels and drinking before, during and after participation.
 - c. Ensure that all participants are advised of the existence of the Extreme Weather and any other relevant Policies.

4. COACHES TIPS

- Be aware of any participant with existing medical conditions (eg. cold, flu, asthma, heart conditions etc).
- Remind participants if they are feeling dizzy, faint or nauseous to discontinue activity and seek medical attention.
- Keep an eye out for any participant looking confused or suffering any loss of endurance or skill level – this can be a sign of heat exhaustion.

5. ENVIRONMENT

- Clubs, Administrators, Team Coaches and Managers are to ensure easy access to clean drinking water is available for participants at both training sessions and games

This policy should apply to both Matches and Training sessions.



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