



# EXTREME WEATHER POLICY

**For**

**Top End Motocross Club Inc.**

**27<sup>th</sup> January 2020**

## 1. PURPOSE

The TEMCC Extreme Weather Policy applies to riders, parents (for riders under 18 years of age), officials, coaches and spectators. These are referred to in this Policy as participants.

TEMCC recognises that it has a responsibility and reasonable duty of care to provide and maintain an environment that is safe and without risk to health for participants for the duration of any event held under the banner of TEMCC.

The purpose of this policy document is to assist TEMCC event participants to:

- prevent injury and/or illness from extreme weather;
- identify and manage potentially dangerous weather conditions; and
- meet their responsibilities in the case of extreme weather conditions.

## 2. SCOPE

This policy document is intended to cover all stakeholders of any event, racing, coaching, or otherwise, held by TEMCC.

## 3. GUIDING PRINCIPLES

The following policy statements relating to extreme heat have been based on recommendations made by Sports Medicine Australia (SMA) in the Hot Weather Guidelines document. A full version of the SMA Hot Weather Guidelines document can be found by visiting [www.sma.org.au](http://www.sma.org.au)

The following policy statements relating to electrical storms have been based on information from [www.lightningman.com.au/safety\\_procedures.html](http://www.lightningman.com.au/safety_procedures.html) (Utilised by many sporting organisations)

## 4. POLICY STATEMENT

- 4.1 All decisions made in relation to weather conditions must be based on information sourced exclusively from the Bureau of Meteorology (BOM).
- 4.2 TEMCC events will be cancelled if the BOM declares a Catastrophic (Code Red) fire danger day, for the region in which the event is scheduled to be held.
- 4.3 TEMCC events may be cancelled, postponed, or modified if the BOM 4pm forecast issued the day prior, indicates that the event day will be above 37C.
- 4.4 TEMCC events may be modified by either the Clerk of Course or Steward (or Coach for training activities) if the BOM 4pm forecast is scheduled to be held issued the day prior, indicates that the event day will between 30C – 36C.
- 4.5 TEMCC events should continue as normal if the BOM 4pm forecast issued the day prior indicates that the event day will be under 30C.
- 4.6 If at any time an event is affected by an electrical storm, the Clerk of Course (or Coach for training events) must:
  - determine the distance that the storm is from the event site, by counting the seconds between sighting a lightning strike and when the sound of thunder can be heard;
  - determine if the time elapsed between sight and sound drops below 30 seconds, the event must be stopped immediately by the Clerk of Course and all in attendance must seek shelter inside the nearest building
  - not resume the event until 30 minutes after the last sound of thunder.

- 4.7 If at any time leading into, or during an event, and after the track inspection has been completed, the track is deemed unusable or unsafe due to severe weather by the Clerk of Course or Track Manager (or Coach for training events); the event may be modified, postponed or cancelled.
- 4.8 At no point should any competitor or member be forced or pressured to compete in weather conditions which may cause distress or harm.
- 4.9 Details of any competitor who may be predisposed to heat related illness must be documented prior to the competitor racing. Such predisposing factors may include, but are in no way limited to, pregnancy, asthma, diabetes, heart conditions and epilepsy.
- 4.10 Details of any competitor, official or coach who may be under the influence of a recent illness (such as a virus, flu, gastro) or alcohol or drugs are to consider seeking medical advice and/or withdrawing from the event if it will increase heat related injuries. These influencing factors are to be declared and documented prior to the TEMCC event.

## 5. RESPONSIBILITIES

### 5.1 TEMCC Responsibilities

- 5.1.1 Prepare, publish and disseminate this policy and include links to the Beat the Heat Fact Sheet (Sports Medicine Australia 2008).
- 5.1.2 Provide guidelines and directions to host clubs (if applicable) and participants.
- 5.1.3 Establish and apply procedures as to when cancellations shall be made.
- 5.1.4 Ensure this policy is reviewed annually or as required.

### 5.2 Clerk of Course / Track Managers / Coach (for training activities) Responsibilities

- 5.2.1 Ensure participants are aware of this policy and their own responsibilities in regard to preparing themselves for the event in extreme weather and to withdraw if they are at undue risk to individual circumstances.
- 5.2.2 Place no pressure on a participant to take part in the event in weather conditions that may cause themselves distress or harm.
- 5.2.3 Record the details of heat related illness or disabilities of any participant prior to the event (according to privacy legislation). Medical advice from a First Aider or professional may be required.
- 5.2.4 Source information from the BOM in regard to weather conditions, the day prior to the event, in accordance with **Policy Statement 4.1**.
- 5.2.5 Make decisions to modify, postpone or cancel an event in that is at risk of being affected by extreme heat, in accordance with **Policy Statement 4.2 – 4.5**. Should an event be modified, this is discretionary and must take into consideration, but not be limited to, the following factors; rest breaks; access to shade; access to water; opportunities to remove personal protective clothing; and rotation/re-allocation of officials.
- 5.2.6 In the event of an electrical storm, act in accordance with **Policy Statement 4.6**.
- 5.2.7 Complete the track inspection guide prior to the commencement of the event.

### **5.3 Individual Participant Responsibilities**

- 5.3.1 Read and understand this extreme weather policy and the guidelines in the Sports Medicine Australia (SMA) in the Hot Weather Guidelines document.
- 5.3.2 Follow the recommendation in Beat the Heat Fact Sheet (Sports Medicine Australia 2008) before during and after participation in the event.
- 5.3.3 In conjunction with your Club, parent, coach or officials, assess your own susceptibility to heat injury using the factors in this policy and take the following applicable action:
- seek medical advice
  - take necessary pre-cautions which may include provision of shade, hats, appropriate sunscreen, spray bottles and drinking water
  - withdraw if you deem you are at risk of a heat injury
- 5.3.4 Report pre-disposed heat related illnesses or other illness/influencing factors that may increase heat related injuries to the to the Clerk of Course or Coaching (for training activities).
- 5.3.5 Abide by all extreme weather directions as provided by the Clerk of Course or Coach (for training activities).
- 5.3.6 Immediately inform a designated official and First Aid Responder should you start to feel any of the symptoms of heat injury as listed in the Beat the Heat Sheet (Sports Medicine Australia 2008).

### **5.4 Clerk of Course Responsibilities**

- 5.4.1 It is the joint responsibility of both the Clerk of Course and the Steward to complete the track inspection prior to the commencement of racing.
- 5.4.2 It is responsibility of the Clerk of Course to act in accordance with **Policy Statement 4.6** in the event of an electrical storm.
- 5.4.3 It is the responsibility of the Clerk of Course to make decisions in regard to modifying, postponing or cancelling a race in accordance with this policy.
- 5.4.4 It is the responsibility of the Clerk of Course to record the details of heat related illnesses or disabilities of any official prior to the training or racing event (according to privacy legislation). The Clerk of Course may recommend professional medical advice be sought prior to the official undertaking their duties.
- 5.4.5 It is the responsibility of the Clerk of Course to brief officials on personal preventative measures during extreme weather, ensure frequent rest breaks are provided and availability of water. The Clerk of Course may rotate officials to reduce individual exposure to weather.

### **5.5 Race Secretary Responsibilities**

- 5.5.1 It is the responsibility of the Race Secretary to source information from the BOM in regard to weather conditions, the day prior to an event at risk of being held in extreme weather conditions.

## 5.6 Officials (Non-Race Related and/or Coaching) Responsibilities

- 5.6.1 It is the responsibility of the accredited Official / Coach to complete the track inspection guide prior to the commencement of the event.
- 5.6.2 It is the responsibility of the accredited Official / Coach to make decisions in regard to modifying, postponing or cancelling an event in accordance with this policy.
- 5.6.3 It is the responsibility of the accredited Official / Coach to source information from the BOM in regard to weather conditions, the day prior to an event at risk of being held in extreme weather conditions.
- 5.6.4 It is the responsibility of the accredited Official / Coach to act in accordance with **Policy Statement 4.6** in the event of an electrical storm.
- 5.6.5 It is the responsibility of the accredited Official / Coach to make decisions in regard to modifying, postponing, or cancelling an event in accordance with this policy.
- 5.6.6 It is the responsibility of the accredited Official / Coach to record the details of heat related illnesses or disabilities of any participant prior to the event.

## 6. DATE OF REVIEW

This policy document is to be reviewed and amended where necessary after each twelve-month period post-adoption. Policies may also be amended as a result of an event of significance, which may impact on the effectiveness or coverage of the policy.

Amendments must be reviewed and approved by TEMCC Committee prior to adoption. All amendments must be recorded in the table below.

<b>Version</b>	<b>Date of Review</b>	<b>Content Amended</b>
1.0	December 2018	Initial Draft
2.0	February 2019	Adopted by TEMCC Committee resolution
3.0	January 2020	Amended by TEMCC Committee

## 7. ACCESS TO THE POLICY

This policy will be available on the Members Page at [www.topendmotox.org.au](http://www.topendmotox.org.au)