

LUNCHTIME SOCIAL SPORT COMPETITION



EXTREME WEATHER GUIDELINES

While games will not be called off solely due to rain or heat, the safety and wellbeing of players and game officials involved in social sport at Sydney Uni Sport and Fitness (SUSF) is paramount. If any outdoor facilities are deemed to be unsafe to play on, or temperature is considered too extreme, matches will be cancelled.

Wet Weather Considerations

In the event matches go ahead in wet weather conditions, it is important correct footwear is worn to cope with the wet conditions. Players are also permitted to wear a rain jacket under their playing bibs.

Game officials have been trained to adjust their style of umpiring in wet weather conditions by slowing the game down if necessary. They will however, endeavour to umpire within the rules and spirit of the game. Players are expected to adjust accordingly.

When evaluating whether it is safe to play in wet weather, the competitions manager and officials will consider many factors, including:

- Amount and intensity of rain, sleet or hail;
- Visibility;
- Thunderstorm activity with lightning (30/30 Rule)*;
- Water volume on the fields/courts (including indoor);
- Lack of grip on the fields/courts (including indoor).

***30/30 Rule**

In the absence of specific information from a weather radar, lightning location system, or specialised warning device, the 30/30 Safety Guideline should be used. The 30/30 Rule is a guide to postponement or suspension of play/competition. The accepted "safe" distance from lightning is greater than 10km. This means:

- That as the time interval between observing the flash and hearing the thunder approaches 30 seconds, all those in exposed areas should be seeking or already inside safe shelters. A storm cell with lightning within 10km constitutes a threat.
- For resumption of play/competition, it is recommended that people wait a minimum 30 minutes after the last sighting of lightning or sound of thunder.

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Hot Weather Considerations

In the event matches go ahead in hot weather conditions, it is important players take appropriate precautions to ensure they cope with the weather conditions. Heat illness, such as heat exhaustion and heat stroke are both considerations when playing in competitions.

- Adjust competition intensity to conditions;
- Wear appropriate clothing to allow easy evaporation of sweat from the skin;
- Ensure consistent hydration throughout play;
- If playing outdoors, ensure players are wearing well-vented and brimmed hats and sunscreen.

As taken from Sports Medicine Australia, the following tables provide estimates of risk related to the weather and also guidelines to managing activity in order to minimise heat related illnesses:

Ambient Temperature

Easily understood, most useful on hot, dry days.

Ambient Temperature °C	Relative Humidity	Risk of Heat Illness	Recommended Management for Sports Activities
15 - 20		Low	Heat illness can occur in running. Caution over-motivation.
21 - 25	Exceeds 70%	Low - Moderate	Increase vigilance. Caution over-motivation.
26 - 30	Exceeds 60%	Moderate - High	Moderate early pre-season training. Reduce intensity and duration of play/training. Take more breaks.
31 - 35	Exceeds 50%	High - Very High	Uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 60 minutes.
36 and above	Exceeds 30%	Extreme	Very stressful for most people. Postpone to cooler conditions (or cooler part of the day) or cancel.

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Heat stress increases with increases in air temperature but be aware that there are not clear demarcations in risk between temperature ranges. At relative humidity levels above those indicated in the table, stress increases markedly.

Further guidance might be gained from the Wet Bulb Globe Temperature (WBGT) index. The WBGT is useful when humidity is high.

WBGT

Suitable for hot, humid days.

WBGT	Risk of Heat Illness	Recommended Management for Sports Activities
Less than 20	Low	Heat illness can occur in distance running. Caution over-motivation.
21 - 25	Moderate - High	Increase vigilance. Caution over-motivation. Moderate early pre-season training. Take more breaks.
26 - 29	High - Very High	Limit intensity, take more breaks. Limit duration to less than 60 minutes per session.
30 and above	Extreme	Consider postponement to a cooler part of the day or cancellation (allow swimming).

Player safety is always our primary concern and SUSF. The Competitions Manager will notify team captains when a game is deemed unsafe to play. Additionally, if conditions worsen throughout the game and become unsafe, the game may be called off.

Contact

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