

# Australian Athletics Weather Policy

Australian Athletics recognises inclement weather, and other emergencies can affect the organisation's ability to provide a safe competition environment. The safety of our athletes, officials and volunteers is paramount in all weather conditions.

The following guidelines shall apply to all Australian Athletics competitions

## Extreme Heat

### **1. Recommended Guidelines & Actions for Competition Temperature**

#### **30 degrees Celsius or less:**

- Athletes, officials and volunteers should exercise caution, particularly in out-of-stadia and track endurance events
- Athletes, officials and volunteers should remain hydrated during the competition by drinking often.
- Modifications to the timetable or individual events are not required, however where possible, distance events should be held in the coolest part of the day.

#### **Temperature 31 - 36 degrees Celsius**

- Athletes, officials and volunteers should exercise caution particularly in out of stadia and track endurance events or those that require officials and/or volunteers to remain in direct sunlight for an extended period.
- Sufficient shelter must be provided for all athletes, officials and volunteers at each event site
- Athletes should carefully consider the number of events they compete in over the course of the competition
- Australian Athletics will provide access to drinking water for athletes, officials and volunteers.
- Events should be scheduled for the coolest part of the day where possible
- Modifications to the timetable or individual events may be considered by the Competition Manager

#### **Temperature 37 - 40 degrees Celsius**

- Athletes, officials and volunteers should exercise extreme caution

- Sufficient shelter must be provided for all athletes, officials and volunteers at each event site
- Australian Athletics will provide access to drinking water for all athletes, officials and volunteers.
- All officials and volunteers will be rotated to take a 15-minute break per 90 minutes
- The competition schedule and timetable may be modified with respect to the time of day and length of the event.
- Out of stadia and track endurance events may be cancelled or postponed to later in the evening.

#### **Temperature 41 degrees and above**

- All competition will be postponed until the temperature is below 41 degrees Celsius

#### **Discretionary Cancellation**

- Australian Athletics reserves the right to cancel a competition if they deem that the predicted environmental conditions present a serious health risk to athletes, officials and or volunteers

### **2. Requirements of Competition Manager**

- Must have an implement to accurately measure temperature in Celsius degrees
- Temperature must be measured trackside and not in direct sunlight
- Monitor every 60minutes
- Ice and drinking water must be available onsite
- Ensure enough first aid staff are on site
- Ensure all officials and volunteers are briefed in sun smart procedures (hat, sunscreen, hydration, long sleeve breathable clothing) prior to taking to the arena
- Ensure announcements are made throughout the day reminding athletes of the sun smart procedures. (e.g. signs in competition areas, call room, post event, check-in etc.)

### **3. Removal of Distressed Athletes from Events**

- Athletes who are clearly in distress may be removed from the track or field of play by the following officials:

- Medical Delegate/Officer
- Track Referee ○ Field Referee

## Lightning

### **30/30 Lightning Rule**

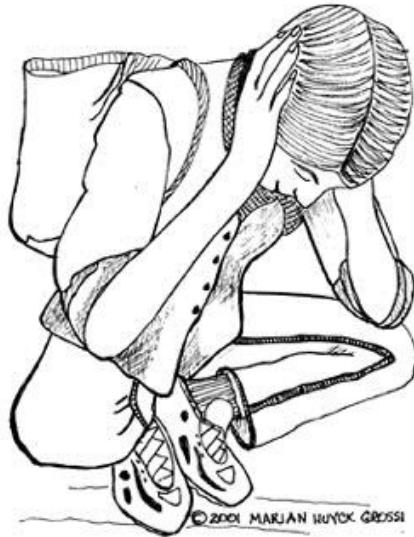
- As a thunderstorm develops, the seconds between the flash of lightning and the bang of the thunder will be counted
- If the flash to bang period is less than 30 seconds, all personnel will be instructed to seek safe shelter.
- Activities will not resume until 30 minutes after the last audible thunder bang

### **10km Radius**

- As a thunderstorm develops, Australian Athletics will monitor the live position of lightning, and its distance to the venue. This will be done via online sites and applications.
- If a reported lightning strike is confirmed to be within a 10km radius of the venue of competition, all personnel will be instructed to seek safe shelter.
- Activities will not resume until lightning activity has cleared a 10km radius of the venue for 30 minutes.

### **Lightning Safety**

- Avoid isolated trees or other tall objects, it is better to seek shelter under a thick growth of relatively small trees
- Stay away from water - steeple water jump, rain
- Avoid any metal objects - javelins, throwing cages, high jump, pole vault uprights
- Spread out and do not stay in a group
- Never lie flat on the ground
- As a last resort, assume the lightning-safe position – if you feel your hair stand on end, your skin tingle or you hear cracking noises, crouch on the ground with your weight on the balls of your feet, your feet together, your head lowered, and your ears covered.



### **Requirements of Competition Manager**

- Must check and monitor the forecast, keeping an eye on the skies.
- Ensure all personnel seek shelter when required.
- Ensure all officials and volunteers are aware of lightning safety, should they get caught in the storm.
- Ensure all activities do not re-commence until the storm has cleared.