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Clarence Little Athletics Centre Inc.

ABN 68 670 875 945

Environmental Conditions - Policy

Event or Factor: Cold Weather

Suggested Practice:

1. Extended time between activities should be avoided. This will help avoid cool down which may result in muscle related injuries
2. Athletes should be encouraged to keep warm and wear adequate clothing for the conditions.
3. If there is a delay between events of more than 30 minutes, athletes should be encouraged to warm-up and stretch again before the next event.

Event or Factor: Warm Weather

Required practice:

All Centres must comply with LTAS policies and provide sunsmart practices.

Suggested Practice:

1. Sunscreen must be provided by the centre for use by all athletes, officials and visitors and be freely available.
2. Athletes, officials and visitors are encouraged to remain adequately hydrated.
3. The Centre shall provide a source of potable water or facilities to access such at all events and must be freely available.
4. Athletes, officials and visitors are encouraged to wear hats and sunsafe clothing.
5. Committee members should act as Sunsmart role models.
6. Shade structures should be provided where long exposure is likely such as the finish line on the track and where waiting times are long at field events.
7. Newsletters and information should encourage Sunsmart/Sunsafe behaviours.
8. Committee members should be trained in how to identify symptoms of heat related illness and monitor for such symptoms.

Event or Factor: Twilight Events / Poor lighting

Suggested Practice:

1. Only running events can occur under artificial lighting.
2. Where possible hurdle events should be scheduled early during twilight events to maximise the use of natural light.
3. Where events take place at times of low natural light (in the evening or during bad weather) an active assessment should occur before each event in relation to the safety of that activity due to low light. A cautious approach shall be taken with a do not proceed approach if there is doubt about safety.

Event or Factor: Thunderstorms- Lightning Safety

Suggested Practice:

1. If the gap between thunder and lightning is 30 seconds or less all events shall cease (postponed or cancelled) until there is a 30 second gap or more for a continuous period of 20 minutes or more. A 30 second gap between lightning and thunder is the equivalent of 10kms from the thunderstorm.
2. The use of BOM weather applications can assist officials assess thunderstorms, but it should not replace visual and auditory assessments.
3. Do not train or compete when a thunderstorm is within 10kms of the ground/field.
4. For passing storms, shelter should be sought inside buildings or inside hard topped vehicles.
5. Metal Cages, metal poles, trees, fences, temporary shelters such as tents or marques should be avoided as shelter points.

Event or Factor: Rain / Standing Water / Moisture

Suggested Practice:

1. In wet conditions events may need to be postponed or cancelled.
2. Events where it is more likely to slip, such as hurdle racing, long/triple jump, high jump, javelin should be considered with a likelihood of higher risk in wet conditions.
3. A cautious approach shall be taken with a do not proceed approach if there is doubt about safety of the surfaces on which the event is to occur.