



Extreme Weather

Kalamunda Rangers Inc accepts a duty of care to all our players, officials and volunteers. The Kalamunda Rangers Inc Extreme Weather Policy has been developed to assist in identifying actions which should be undertaken in extreme weather and using guidelines issued by Sports Medicine Australia (SA and WA Branches) as well as the Australian Standards to minimise the risks of injury, illness and possible death.

Kalamunda Rangers Inc recommend our players comply with our affiliated associations' guidelines on extreme weather in the first instance. Where these policies do not exist, then our recommendations are as follows:

This policy applies to training, competition games, clinics, trials and other outdoor events and activities as determined from time to time.

Extreme Heat

1. Risks

1.1 Dehydration

To reduce the risk of dehydration and complicating heat stress/illness fluid should be consumed before, during and after activity. SMA recommend drinking

- 500 mL of water in the two hours prior to exercise,
- 200 mL every 10-15 minutes of exercise, and
- 1.5 times your fluid deficit after exercise.

1.2 Heat Stress/Illness

Dehydration can lead to heat exhaustion and, in more severe cases, heat stroke. Participants should stop any physical activity immediately they experience or display signs and symptoms of:

- Lightheadedness, dizziness
- nausea
- fatigue
- loss of endurance, skill/coordination, clumsiness or unsteadiness
- confusion
- aggressive or irrational behaviour
- altered consciousness
- pallor
- collapse.

Note: Heat stroke is a potentially fatal condition and must be treated immediately by a medical professional. Heat stress/illness can still occur in the presence of good hydration.

2. Strategies

2.1 Shade

- a. For all scheduled games, shades/shelters will be provided for all for both the home and away teams as well as for the scorers.
- b. Shades/shelters are for the use of players and game officials only; volunteers and supporters are encouraged to provide their own shelter.

2.2 Headwear

- a. In line with uniform requirements and game rules, all participants are required to wear a hat.
- b. Hats are not to be wet during dousing or spraying with water (see Strategy 2.4) as this can increase the risk of heat stress/illness.

2.3 Sunscreen

- a. Broad-spectrum, water-resistant, SPF 30+ sunscreen will be made available for use by any participant. Players, officials and supporters are encouraged to apply sunscreen at regular intervals both before and during exercise.

2.4 Cooling

- a. On days when the ambient forecast temperature is above 36°C for juniors and 38°C for seniors, spraybottles containing water will be made available to allow participants to douse themselves, thereby assisting in the cooling process.

2.4 Hydration

- a. Participants are encouraged to provide a full bottle of water for all training and games. Refill water is available at the Clubrooms.
- b. On days when the maximum ambient forecast temperature is below 36°C for juniors and 38°C for seniors:
 - i. During a game, regular drinks breaks should be provided at each change of inning, with the time allowed for any changeover extended if needed to ensure sufficient time is available for drinks to be taken by all participants.
 - ii. During training or any other event/activity, drink opportunities should be provided at least once every 30 minutes.
- c. On days where the maximum ambient forecast temperature is above 36°C for juniors and 38°C for seniors:
 - i. During a game, regular drinks breaks should be provided at each change of inning, with the time allowed for any changeover extended if needed to ensure sufficient time is available for drinks to be taken by all participants.
 - ii. During training or any other event/activity, drink opportunities should be provided at least once every 15 minutes.

2.5 Participation

- a. In conditions of high risk, participants should be provided opportunities to rest through the use of player rotation, interchange or substitution.
- b. No Junior umpire may officiate at any game if the maximum forecast ambient temperature is above 38°C.
- c. A junior (U18) player cannot participate in senior baseball events when the maximum ambient forecast temperature is above 38°C.
- d. Teeball games shall be cancelled if the forecast maximum ambient temperature as advised by the Bureau of Meteorology is 38°C or higher. For planning and communication purposes, the forecast temperature at 6 pm on the night before the game shall be taken as given. Cancelled games will not be rescheduled. This rule also applies to any junior training session.
- e. On days where the maximum ambient forecast temperature is above 36°C for juniors and 38°C for seniors training events training schedules shall be modified to accommodate reduced-intensity activities.

Lightning

The sound of thunder should serve as an immediate warning of lightning danger. The 30-30 Rule should be imposed if lightning is suspected. Blue skies and lack of rainfall are not adequate indicators that lightning is not a danger.

3. Participation.

- 3.1. Games and/or training should be suspended when the flash-to-bang count approaches 30 seconds. This indicates the lightning is approximately 10 km away.
- 3.2. Players, officials and spectators should seek a safe location to wait out the storm. While no structure is completely safe, some areas are safer than others. Safe locations include a fully enclosed building or a fully enclosed vehicle with a metal roof and with windows completely closed.

Avoid unsafe locations and situations including open fields, close vicinity to the tallest structure in the area (e.g., trees, light poles), small structures like tents or shelters, proximity to telephones or electrical appliances, high ground or use of umbrellas or any object that increases height.

- 3.3. Games/training should remain suspended for a minimum of 30 minutes AND until at least 30 minutes have elapsed following the last observation of lightning/thunder within a 10 km radius (i.e., 30 seconds between flash and bang).