



CSLFUP Hot Weather Training Policy

Due to the warmer weather that generally occurs during our pre-season a Hot Weather Policy has been developed to ensure the health, safety and welfare of our umpiring group.

This policy will provide direction to umpires whilst maximising the time available to ensure our preparation for the upcoming season is not restricted.

'Beat the Heat' Fact sheet provides valuable information on playing and exercising safely in hot weather. The fact sheet can be viewed on –

[CSLFUP Website – Umpire Resources](#)

Policy

If the forecast temperature on [Weatherzone](#) for Noarlunga at 9am on the morning of training is 34 - 37C a modified training session will be held. If the forecast temperature is above 37C training will be cancelled.

An email will be sent to all umpires and an update will be posted on the [CSLFUP Facebook](#) and [CSLFUP Website](#) by 11.00am to advise that training has been cancelled.

Extreme Weather Conditions

When the weather conditions are not suitable for a normal training program coaches will modify any physical training.

Training may be varied by shortening the session, increasing breaks, re-locating to a more appropriate location or by having a theory session.

All umpires are asked to take care of their own welfare, increase your water / fluid intake prior to training. If anyone has any concerns about their health, safety and welfare in extreme weather conditions – DO NOT PARTICIPATE.

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