



## BAROSSA, LIGHT & GAWLER UMPIRES ASSOCIATION

### HOT WEATHER POLICY

The following recommendations have been adapted from Sports Medicine Australia Guidelines. They are not binding, but the Barossa, Light & Gawler Umpires Association (BLGUA) reminds all parties that they must act responsibly. A common sense approach is encouraged, in conjunction with utilising the most accurate and up to date information available when making decisions to protect the well-being of participants and officials.

The Senior Coach shall check the forecast temperature for Gawler, South Australia within **24 hours before the scheduled commencement of training**. Information should be obtained from the Australian Bureau of Meteorology ([www.bom.gov.au](http://www.bom.gov.au)). In the instance of conflicting information, information obtained directly from [www.bom.gov.au](http://www.bom.gov.au) will be considered the most accurate.

Based on the forecast temperatures, the following action is recommended:

#### **26°C - 30°C | Risk of Heat Illness: Moderate**

- Modify early pre-season training
- Reduce intensity and duration of session
- Increase frequency and length of breaks
- Ensure adequate water supplies are available

#### **31°C - 35°C | Risk of Heat Illness: High – Very High**

- Limit intensity of training
- Maximum training duration of 60 minutes
- Increase frequency and length of breaks
- Ensure adequate water supplies are available

#### **At or above 36°C | Risk of Heat Illness: Extreme**

- Training cancelled

If training is deemed to be cancelled by the Senior Coach, this information is to be relayed out to Panel Members, via an SMS text message, an email and published on the BLGUA's social media accounts.

If the forecast temperature is set to decrease prior to the commencement of training (i.e. a cool change is incoming), the Senior Coach may still wish to proceed with training, following the recommended actions above.