



CANBERRA REGION RUGBY LEAGUE

CRRL Extreme Weather Policy

JANURARY 2023

PURPOSE OF THIS POLICY

Canberra Region Rugby League (CRRL) recognises the dangers of extreme weather and the need to ensure our members are protected by the appropriate policies.

The purpose of this Extreme Weather Policy is to provide a system that sets out procedures and guidelines to the members of Canberra Region Rugby League (CRRL) for events of extreme weather during CRRL games, matches, competitions and programs.

This policy document includes guidelines and procedures for the following adverse weather conditions:

1. Heat and Humidity
2. Cold Weather
3. Thunderstorms and Lightning (including Hail)
4. Poor Air Quality

SCOPE

This policy applies to all members of the CRRL clubs, member associations and member-affiliated associations. For all other weather related incidents, please refer to the NSWRL Policies and Procedures Manual: <https://www.nswrl.com.au/siteassets/community/2023-policies-and-documents/nswrl-community-rugby-league-policies--procedures-manual-2023-final-2-feb.pdf>

ABANDONED MATCHES DUE TO INCLEMENT WEATHER

Regular competition matches abandoned with less than one full half of a game being completed will need to be replayed at a later date. The result of matches abandoned after half time shall be recorded as the final score at the point of abandonment.

CRRL and/or match official may postpone, delay, or abandon any competition game due to extreme weather conditions that may endanger participants, team officials, spectators and other game day personnel.

1. Heat and Humidity

To ensure all tournaments and competitions conducted by CRRL are consistent, the temperature must be taken from the Bureau of Meteorology website <http://www.bom.gov.au/act/observations/canberra.shtml?ref=dropdown>.

These readings are updated at least every 10 minutes. Exercise in extreme heat or humid weather will result in additional fluid loss and increase the risk of dehydration. Dehydration contributes to fatigue and may make the player susceptible to cramps, heat stress and heat stroke. Children are



CANBERRA REGION RUGBY LEAGUE

at much greater risk of heat stroke. Considerations must be given to the effects of heat and humidity on all participants – during the warmer months of the year, clubs and team officials should:

- a) Provide information in relation to sun safety
- b) Schedule games and training for cooler parts of the day or evening (if available and possible)
- c) Check forecast and local weather conditions
- d) Ensure regular hydration by players, officials, spectators, and other participants

For all age groups; when the ambient temperature reaches 30°C or above, the match official may allow a two-minute break during play of each half (breaks will be taken at suitable breaks in play, as determined by the match official, and the time is not to stop or be delayed during this drink break). Water bottles can also be made available and placed along the sideline to enable any player to take a drink at any time during the course of the game – in this event, players should not leave the field of play to take a drink nor should bottles be thrown on to or from the field of play (each player must only use their own individual drink bottle, to comply with the COVID-19 protocols and guidelines).

U15S AND UNDER COMPETITIONS

When the ambient temperature reaches 34°C or above, the match in progress shall be abandoned (or rescheduled, if applicable). New matches must not commence until the ambient temperature decreases to under 33°C. For carnivals and major events, if the forecasted ambient temperature exceeds 34°C up to one hour before play is due to commence, play may be cancelled and communicated as broadly as possible to all clubs and participants.

U16S AND OVER COMPETITIONS

When the ambient temperature reaches 37°C or above, the match in progress shall be abandoned (or rescheduled, if applicable). New matches must not commence until the ambient temperature decreases to under 36°C. For carnivals and major events, if the forecasted ambient temperature exceeds 37°C up to one hour before play is due to commence, play may be cancelled and communicated as broadly as possible to all clubs and participants.

2. Cold Weather

To ensure all tournaments and competitions conducted by CRRL are consistent, the temperature must be taken from the the Bureau of Meteorology website <http://www.bom.gov.au/act/observations/canberra.shtml?ref=dropdown>. These readings are updated at least every 10 minutes. Considerations must be given to the effects of extreme cold



CANBERRA REGION RUGBY LEAGUE

weather and chill factor on all participants – during the cooler months of year, clubs and team officials should:

- a) Allow the use of long jerseys worn on game day, and warmer/longer clothes worn during training sessions
- b) Provide blankets and long coats for players waiting/sitting on the bench
- c) Allow for additional time for players to warm up in preparation of training/game play. For players on the bench, ensure they continue to be active and warm-up whilst waiting/sitting on the sideline
- d) Check forecast and local weather conditions

At a temperature of -2°C , the match in progress shall be abandoned (or rescheduled, if applicable). New matches must not commence until the ambient temperature increases to above -1°C . For carnivals and major events, if the forecasted ambient temperature decreases to less than -2°C up to one hour before play is due to commence, play may be cancelled and communicated as broadly as possible to all clubs and participants.

3. Thunderstorms and Lightning

The definition of a thunderstorm is where lightning can be seen and/or thunder can be heard. Any storm which produces thunder means lightning is always present, even if it is obscured by cloud.

To assess the distance of lightning from the listener (person at one destination), use the 30-second rule – if there is less than 30 seconds between when the listener sights the lightning and hears the thunder, then the lightning is within 10 km of the listener (30 seconds at the speed of sound is approx. 10.2km).

When a lightning strike is within 10km of the event, officials and administrators who are responsible for the event must suspend play and ensure players, officials, coaching staff and guests are removed from the area to a safe place, such as a large, structurally sound building. Match officials should note where the ball was stopped, and which team had possession (if any) for game restart. Where lightning is observed, play should be suspended until 15 minutes after the last lightning event.

Play can resume once the threat of lightning has passed, which is measured by the lightning and thunder being greater than 30 seconds apart.

HAIL

Hail has the potential to create dangerous conditions for players, officials, and spectators. Where hail creates an unacceptable risk, the relevant official or CRRL administrators may suspend play



CANBERRA REGION RUGBY LEAGUE

until the grounds are fit for play – conditions should be reviewed with attention given to the level of ice on the ground.

4. Poor Air Quality

Any situation in which the air quality is compromised presents a risk to players, officials, and spectators, especially if they have a pre-existing medical condition. Clubs must ensure that all asthmatic athletes and athletes who have pre-existing medical conditions have an updated Medical/Asthma Management Plan and consultation with their personal doctor, prior to exercising in affected environments. Airborne contaminants can come in many forms, but the most common are sand, dust or smoke. If smoke is present, it is recommended that the source is determined to ensure that the smoke is not toxic, not likely to worsen or is not due to a fire in the vicinity. If the smoke presents any danger, through reduction in visibility or ability to breathe properly, then the officials or relevant league administrators must suspend, or cancel play and all patrons removed to a safe area. The table below can be used to determine what, if any action should be taken to modify currently scheduled training or games according to the AQI in your region. The following links is updated hourly with accurate AQI readings:

ACT: <https://www.health.act.gov.au/about-our-health-system/population-health/environmental-monitoring/monitoring-and-regulating-air>

NSW: <https://www.dpie.nsw.gov.au/air-quality/air-quality-concentration-data-updated-hourly>

| General Population, low intensity exercise | | High Intensity Exercise | |
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| AQI | Recommendation | AQI | Recommendation |
| VERY GOOD (0-33) | Enjoy Activities | VERY GOOD (0-33) | Enjoy Activities |
| GOOD (34-66) | Enjoy Activities | GOOD (34-66) | Enjoy Activities |
| FAIR (67-99) | People unusually sensitive to air pollution- plan strenuous outdoor activities for when quality is better | FAIR (67-99) | Asthmatic athletes: Should have medical review prior to training or playing. Consider moving training indoors |
| POOR (100-149) | Air Pollution Health Alert Sensitive groups: Avoid strenuous outdoor activities Everyone: cut back or reschedule outdoor physical activities | VERY POOR (100-149) | Air Pollution Health Alert Asthmatics or symptomatic non-asthmatics should not compete or train outdoors. Minimise exposure to pollutants for all athletes by training indoors or modifying rules of the game. (4 quarters, shortened game time etc) |
| VERY POOR (150-200) | Air Pollution Health Alert Sensitive Groups: Avoid strenuous outdoor activities Everyone: Cut back or reschedule outdoor physical activities | HAZARDOUS (150-200) | Air Pollution Health Alert Outdoor training should be rescheduled indoors. Games should be cancelled, and exposure minimized for everyone. |
| HAZARDOUS (>200) | Air Pollution Health Alert Sensitive Groups: Avoid strenuous outdoor activity Everyone: Significantly cut back on outdoor physical activities | | |

(Table modified from AIS recommendations, adapted from NSW Public Health Unit)