



BAYSIDE & DISTRICT
NETBALL ASSOCIATION INC.

1.0 Extreme Weather Policy

1.1 Context & Aim

The purpose of the Extreme Weather Policy is to provide clear and practical guidelines, procedures and responsibilities for the provision and implementation of effective extreme weather strategies at all Bayside & District Netball Association's sanctioned events.

In the event that extreme weather is forecast, all members should understand and adhere to the procedures and processes outlined in this policy. This policy endeavours to ensure we create the safest possible environment for all officials, coaches, players, staff, umpires and spectators.

This document details strategies for participation to continue with appropriate mitigation and risk management strategies in place and guidelines on when sanctioned events are to be modified or cancelled.

It is intended that this document be reviewed on a regular basis, to ensure that it continues to comply with legislative requirements, Netball Victoria's policy and Victorian Sport policy.

1.2 Scope

This policy applies to all Bayside & District Netball Association members and participants, including clubs, athletes, officials, parents, volunteers, staff, umpires and spectators. It covers all Bayside & District Netball Association sanctioned events.



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1.3 Compliance

The Board Event Organiser or Front Office Staff are responsible for monitoring of weather conditions and ensuring this policy is adhered to during Bayside & District programs/activities.

Bayside & District Netball Association use the Bureau of Meteorology (BoM) as the source of climactic information. All committee members, coaches and officials should ensure they have access to:

- The BoM Weather smartphone app <http://www.bom.gov.au/app/>. This provides information on ambient temperature and Apparent Temperature (AT) which includes air temperature and humidity and appears on smartphone app as e.g. 'feels like 20.1C'.
- VIC Emergency App - Warnings & State Alerts (Heat / Cold Thunderstorm Asthma)

This policy ensures compliance and support of Netball Victoria's Guidelines and Vic Sport Weather Guidelines including :-

[Netball Vic Hot Weather Guidelines](#)

[Netball Vic Smoke Pollution Guidelines](#)

[Vic Sport Hot Weather Guidelines](#)

[Vic Sport VIC Gov - Risk Factors for Exertional Heat Illness](#)

[VIC Sport - VIC Gov - recognising Exertional Heat Illness](#)

[Netball Vic Lightning Guidelines](#)

2.0 Extreme Heat

This policy must be referred to if it is determined by Bayside & District Netball Association that there is a risk of exertional heat illnesses during immediate or upcoming sanctioned events.

Climate forecasts are available up to seven days before an event. Bayside & District Netball Association will monitor the forecasted ambient temperatures so that supplies can be secured and appropriate plans and communications can take place.

Match conditions may be altered depending on the weather conditions according to



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the official temperature reading on the Bureau of Meteorology's website.

2.1 Recognising Exertional Heat Illness (Vic Sport)

[VIC Sport - VIC Gov - recognising Exertional Heat Illness](#)

Exertional heat illness can be categorised from mild to severe, including muscle cramps, heat syncope (fainting), heat exhaustion, heat injury and heat stroke (life threatening).

People to whom this policy applies need to be aware that exertional heat illness can occur whenever there are actual or potential environmental, individual and organisational risk factors, and it is in these circumstances that Bayside & District Netball Association is committed to reducing the risk of occurrence.

NOTE: Exertional heat illness can be life threatening, therefore, if a person is concerned about an immediate risk to an individual's health and safety, the person must phone "000" (or "112" from a mobile when you are out of your service provider's coverage area) as soon as practicable.

2.3 Risk Factors for Exertional Heat Illness (Vic Gov)

Bayside & District Netball Association recognises that multiple factors pose a risk to the health and safety of participants, including the environment, factors specific to individuals and factors specific to our sport.

People to whom this policy applies need to be aware of these factors

[Vic Sport VIC Gov - Risk Factors for Exertional Heat Illness](#)



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2.4 Responsibilities of Member Clubs and coaches

It is the responsibility of member clubs and coaches to monitor players, coaches and spectators closely and recognise signs and symptoms of exertional heat illness

Hydration

- Promoting hydration strategies including drinking to thirst before, during and after physical activity and reducing intake of sugar sweetened beverages, coffee and alcohol.
- Water and cooling
- Encouraging participants to bring additional drinking water
- Increasing availability and access to water for drinking and where appropriate, mist sprays
- Encourage participants to bring ice slurry drinks and cold towels
- High Rotation of players

2.5 Responsibilities of Bayside & District Netball Association - Heat Mitigation Strategies

The risks of exertional heat illness being suffered by participants can be reduced through a range of mitigation strategies. Bayside & District Netball Association will implement the following sport modification parameters if there is a risk of exertional heat illness to participants.

AT 21 - 25 Degrees C

- Promote Hydration strategies
- Monitor Health of participants
- Sunscreen available at the Front Office

AT 25 - 30 Degrees C

- Promote Hydration strategies
- Sunscreen available at the Front Office
- Water is permitted to be drunk courtside during the game;
Hats (soft bucket hats, no peak caps) may be worn on outside matches;
- Court side water spray permitted (outdoor courts)
- Ice available on request at First Aid



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- Actively monitor health and well-being of all participants



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At 31 - 34 Degrees C

- Promote Hydration strategies
- Sunscreen available at the Front Office
- Water is permitted to be drunk courtside during the game;
Hats (soft bucket hats, no peak caps) may be worn on outside matches;
- Court side water spray permitted (outdoor courts)
- Ice will be available for all players in the netball foyer
- Actively monitor health and well-being of all participants
- Be cautious of over exertion during training sessions and warm up on match days
- Clubs instructed on a Higher rotation of players
- Longer Quarter breaks with play time reduced 8 minutes quarters

At 34 Degrees

- Play will be suspended

3.0 Wet Weather

Bayside Netball's wet weather policy works to allow games to be played if the courts are deemed safe. The Game Day Coordinator in consultation with the Netball Manager and a minimum of 1 board member are responsible for assessing the courts in the event of rain, Games will be cancelled under the following circumstances only:

- Courts are deemed unsafe by Game Day Coordinator / board
- in the event of heavy rain that impedes on the ability for the game to be played
- Flooding of the courts,

Some rain or intermittent rain will not see games cancelled.



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4.0 Lightening

This policy must be referred to if it is determined by Bayside & District Netball Association that there is a risk of lightening during immediate or upcoming matches, games, training sessions, activities, competitions or events.

Climate forecasts are available up to seven days before an event. Bayside & Districts Netball Association will monitor forecast.

There is the possibility that matches may be cancelled, in this event notification will be provided via Netball Connect, team app and email

<https://vic.netball.com.au/sites/vic/files/2022-05/Lightning%20Guidelines.pdf>

Netball Victoria and Bayside & District support the '30/30' rule which will be enacted for lightning safety and serves as a guide for activities cancellation and subsequent resumption.

30/30 LIGHTNING SAFETY GUIDELINE Stop play if the time between seeing a lightning flash and hearing thunder is less than 30 seconds. Immediately seek safety under appropriate shelter. Do not resume play until at least 30 minutes has passed since the last thunder was heard.



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5.0 Games - Cancellation in Advance

It is only on very rare occasions that games are cancelled in advance. With Melbourne's weather as unpredictable as it is, relying on forecasts sometimes even a day in advance can be premature. To this end, the Board and staff will make decisions about cancellations only on the day, and normally on a time slot by time slot basis.

Where a time slot is cancelled at or around game time, teams are required to report to the courts. A minimum of 5 and maximum of 12 players must be present at the courts ready to play. These 5-12 players will be recorded netball connect as being present by the umpires officiating for that match. If both teams have 5 or more players present then each team will be awarded 2 points. If one team does not have a minimum of 5 players present then it will be deemed to be a game-day forfeit and the 4 points will be awarded to the team who does have the required number of players.

If a timeslot is cancelled in advance it will be communicated via Netball Connect/Team App email. Under these circumstances, teams are not required to report to the courts and a match abandoned is awarded.