

MELTON JUNIOR
FOOTBALL NETBALL CLUB



The Bloods

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WEATHER POLICY

Version number: 1
Approved by: Committee
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Next Review date: 2027
Policy Owner: Craig Byham

1. PURPOSE

This policy aims to ensure coaches, assistant coaches, training staff and committee members (Club staff) are aware of their role and responsibility in Extreme weather events to ensure the safety of all club members.

2. SCOPE

The Australian Football League (AFL), Netball Victoria and Riddell District Football Netball League (RDFNL) require the Melton Junior Football Netball Club (MJFNC) to provide a safe environment for players and staff to participate in sporting activities. All weather observations should be taken for the Australian Government Bureau of Meteorology (BOM). All temperature references refer to Ambient temperature in degrees Celsius as defined by the BOM.

3. EXTREME WEATHER

As a Club MJFNC must put in place reasonable measures to ensure the safety of players and staff. The MJFNC Committee supports club staff cancelling training activities to ensure the safety of players and staff. Club staff **MUST** cancel training activities when directed by the Executive Committee, Sports Coordinators, Head Trainer or the Child Safety Officer.

3.1 EXTREME HEAT

Extreme heat can cause heat stress which can impair the wellbeing of players and staff. Signs of Heat Stress may include dizziness, headaches, collapse and illness. In extreme cases, heat stress can develop into heat stroke which may be life-threatening.

Where temperatures are below 30°C all staff should still ensure the welfare and safety of players.

3.1.1 Temperatures 30 to 36°C

When temperatures are between 30 to 36°C there are a number of factors that should be considered before training;

- Age group of players
- humidity
- air flow
- physical intensity,
- cloud cover and
- access to water, shade and facilities.

In addition, staff should consider

- is this training beneficial to the players and staff,
- can training activities be modified, and
- can the start and finish times be changed to avoid extreme heat conditions.

3.1.2 Temperatures over 36°C

All training activities must be cancelled. Where possible players should be given advance notice that training is cancelled, however, staff may cancel training at any time to ensure the safety of players.

NOTE: Heat-related illness can quickly become life-threatening. If you or someone near you is very unwell and does not respond to cooling and rehydration quickly (within 10 minutes), call triple zero (000) and ask for an ambulance.

4. LIGHTNING

The MJFNC must assess the risk posed by environmental factors such as lightning in respect to any training sessions administered by the Club. The Club staff should assess lightning risk by reviewing information provided by the BOM.

NOTE: All training MUST be cancelled when the BOM has issued a Severe thunderstorm or Very dangerous thunderstorm warning impacting the Melton area.

It is important to remember that lightning may be obscured by clouds so it must be assumed that when thunder is heard, lightning is in the vicinity. In such cases, careful judgment must be used to determine whether a threat exists. The accepted "safe" distance from lightning is greater than 10km. This means that as the time interval between observing the flash and hearing the thunder approaches 30 seconds, all those in exposed areas should be seeking or already inside safe shelters. A storm cell with lightning activity within 10km constitutes a threat. It is recommended that people wait a minimum of 30 minutes after the last sighting of lightning or sound of thunder. It is important to emphasise that blue skies and lack of rainfall are not adequate reasons to breach the 30 minute minimum return-to-activity rule.

30/30 LIGHTNING SAFETY GUIDELINE

- **Stop play** - if the time between seeing a lightning flash and hearing thunder is less than 30 seconds all play must be stopped.
- **Seek Shelter** - Immediately seek safety under appropriate shelter.
- **Wait 30 minutes** - Do not resume play until at least 30 minutes has passed since the last thunder was heard.

4.1 **PERSONS STRUCK BY LIGHTNING**

Most victims can survive a lightning strike; however, they need immediate medical attention. Call 000. Victims do not carry an electrical charge. In many cases, the victim's heart and/or breathing may have stopped. CPR or an AED may be needed to revive them. Continue to monitor the victim until medical help arrives. If possible, move the victim to a safer place inside away from the threat of another lightning strike.

5. **WET WEATHER**

In the case of extreme wet weather, netball courts may be unsafe for use. In the event of wet weather, club staff must assess the court for suitability before and during all training activities.

6. **SUPPORTING LINKS**

Riddell District Football Netball League Operation Manual

<https://www.rdfnl.com.au/administration/by-laws>

Netball Victoria Weather guidelines

<https://vic.netball.com.au/weather-guidelines>

AFL national-community-football-policy-handbook

<https://play.afl/clubhelp/resources/national-community-football-policy-handbook#article-0>

BOM Thunderstorm Warnings

<http://www.bom.gov.au/weather-services/severe-weather-knowledge-centre/warnings.shtml#severe-thunder>

Review:

This policy is to be reviewed by the existing committee every three years or as required to ensure that the policy is applicable to the MJFNC Inc. The committee can then recommend changes that they see fit, and then ratify any changes to the policy at the next scheduled general committee meeting.

Grading Policy – Ratified Date 26 Feb 2025