



Extreme Weather Policy

Cloverdale Comets Diamond Sports Association Inc. accepts a duty of care to all our players, officials, and volunteers. The Cloverdale Comets Diamond Sports Association Inc. Extreme Weather Policy has been developed to assist in identifying actions which should be undertaken in extreme weather and using guidelines from the Sports Medicine Australia website <https://sma.org.au/> or : [SMA-Extreme-Heat-Policy-2021-Final.pdf](#) , as well as the Australian Standards to minimise the risks of injury, illness, and possible death.

Baseball and Softball are classed as Category 4. However, due to the extra risks associated with children, we have followed the Tee-Ball Association of Western Australia (TBAWA) and use the Sports Risk Classification 5 Chart for Tee-ball.

This policy applies to training, games, clinics, trials and other outdoor events and activities as determined and run by Cloverdale Comets Diamond Sports Assoc Inc.

Cloverdale Comets Diamond Sports Association Inc. recommends our players comply with our affiliated associations' guidelines ([TBAWA Extreme Heat Policy](#)) on extreme weather in the first instance. Where these policies do not exist, then our recommendations are as follows:

Extreme Heat

1. Risks

1.1. Dehydration

To reduce the risk of dehydration and complicating heat stress/illness fluid should be consumed before, during and after activity. SMA recommend drinking:

- 500 mL of water in the two hours prior to exercise,
- 200 mL every 10-15 minutes of exercise, and
- 1.5 times your fluid deficit after exercise

1.2. Heat Stress / Illness

Dehydration can lead to heat exhaustion and, in more severe cases, heat stroke. Participants should stop any physical activity immediately they experience or display signs and symptoms of:

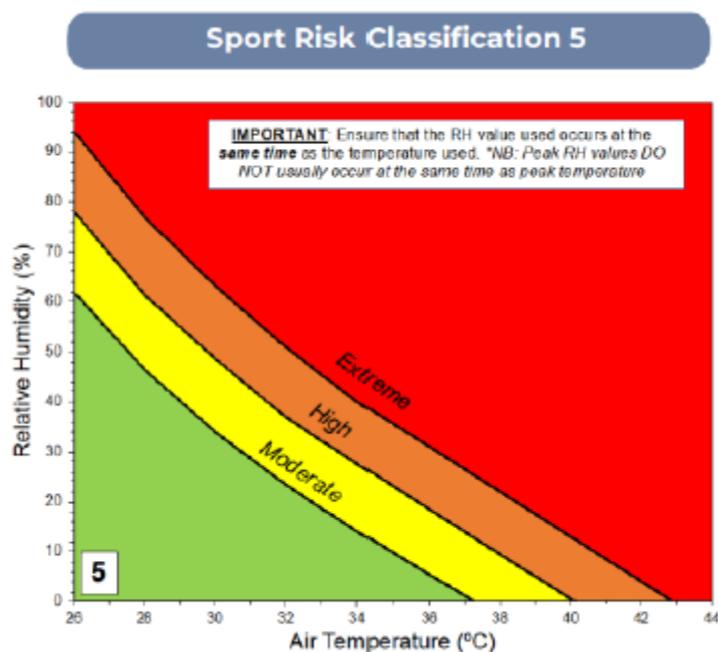
- Light-headedness, dizziness
- Nausea
- Fatigue
- loss of endurance, skill/coordination, clumsiness, or unsteadiness
- confusion
- aggressive or irrational behaviour
- altered consciousness
- pallor
- collapse

Note: Heat stroke is a potentially fatal condition and must be treated immediately by a medical professional. Heat stress/illness can still occur in the presence of good hydration.

2. Process

At 6pm the day before games and 2 hours prior to scheduled training on training days, the CCDSA Committee shall:

- Visit <http://www.bom.gov.au/places/>
- Collect the forecasted Air Temperature and Relative Humidity for the game's suburb location and various game times.
- Plot the figures on the Sports Risk Classification 5 Chart.
- CCDSA Committee will notify team coaches of the outcome and strategies will be put in place as well as social media posts when appropriate.



3. Strategies

MODERATE & LOW TEMPS: The Committee, Team Coaches and Managers are to ensure the strategies & policy procedures below are adhered to:

3.1. Shade

- For all scheduled games, shades/shelters will be provided for all for both the home and away teams as well as for the scorers.
- Shades/shelters are for the use of players and game officials only; volunteers and **supporters are encouraged to provide their own shelter.**

3.2. Headwear

- In line with uniform requirements and game rules, all participants are required to wear a hat.
- Hats are not to be wet by dousing or spraying with water (see Strategy 3.4) as this can increase the risk of heat stress/illness.

3.3. Sunscreen

- Broad-spectrum SPF 50+ sunscreen is made available in front of the clubrooms for use by any participant. Players, officials, and supporters are encouraged to apply sunscreen at regular intervals both before and during exercise.

3.4. Hydration

- Participants are encouraged to provide a full bottle of water, no less than 1 litre, for all training and games. Refill water is available at the Clubrooms.

HIGH: In addition to the strategies above, active cooling measures are to be adhered to before, during and after the games

3.5. High Temperature Additional Strategies

- Drinking cold fluids before games or training commences. Note: cold/iced water during games/training is less effective for cooling.
- Water dousing – wetting your skin with cool water using a sponge or a spray bottle helps increase evaporation, which is the most effective cooling mechanism in the heat. **Do NOT douse players' heads or hats with water!**
- Ice/packs/towels – placing a damp towel around your neck.
- CCDSA Committee, Coaches, Managers and Umpires to conduct spot checks. One additional parent may be required in the dugout to conduct these spot checks.
- Umpires to allow some additional time between innings for everyone to hydrate.
- Any reports of heat stress to the umpire are to be treated without question as an injury that incapacitates a player as per Rule 6.2(a).
- **Start times for games held at Redcliffe Park MAY be changed to allow all games to be played earlier, before higher temperatures start. Parents will be advised at 6pm the day before.**

ALL of these strategies apply to ALL Umpires. When the weather is 'HIGH' the Committee will ensure additional water is supplied and Umpires are also receiving spot checks.

EXTREME: GAMES/TRAINING WILL BE CANCELLED

Lightning / Thunderstorms

The sound of thunder should serve as an immediate warning of lightning danger. The rule 30-30 should be imposed if lightning is suspected. Blue skies and lack of rainfall are not adequate indicators that lightning is not a danger.

1. Risks / Participation

- a. Games and/or training should be suspended when the flash-to-bang count approaches 30 seconds. This indicates the lightning is approximately 10Km's away.
- b. Players, officials, and spectators should seek a safe location to wait out the storm. While no structure is completely safe, some areas are safer than others. Safe locations include a full enclosed building or a fully enclosed vehicle with a metal roof and with the windows completely closed.
 - Avoid unsafe locations and situations including open fields, close vicinity to the tallest structure in the area eg. Trees, light poles, small structures like tents or shelters, proximity to telephones or electrical appliances, high ground or use of umbrellas or any object that increases height.
- c. Games / training should remain suspended for a minimum of 30 minutes AND until at least 30 minutes have elapsed following the last observation of lightning/thunder within a 10 km radius (ie: 30 seconds between flash and bang).
- d. Cancellation of games and/or training due to lightning/thunderstorms will be communicated by CCDSA Committee members to all.