

Extreme Weather Guidelines

Identify Hazard	Action Required
a) Heavy Rain	Play/ Competition should be suspended until hazard clears. If it continues to rain heavily during that time, it is recommended that play/ competition be suspended until further notice.
b) Lightning/ Thunderstorm(s)	<p>When lightning is considered to be a possible or actual threat to a Touch Football game the following procedures are applicable:</p> <ul style="list-style-type: none"> a) Observe the approaching storm clouds, the first flash of lightning or clap of thunder, no matter how far away should heighten lightning awareness. b) Method of determining the distance to the storm cell is to measure time elapsed from when lightning flash is observed and when the associated thunder is heard. The distance can be determined by using the following rule: Distance (Km) = time from observing flash to hearing thunder (in 3 seconds) <p>In the absence of specific information from weather radar, a lightning location system, or specialised warning device then the 30/30 Safety Guideline should be used. The 30/30 Rule is a guide to postponement or suspension of play/competition. The accepted “safe” distance from lightning is greater than 10km. This means:</p> <ul style="list-style-type: none"> a) 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 within 10km constitutes a threat b) For resumption of play/competition, it is recommended that people wait a minimum 30 minutes after the last sighting of lightning or sound of thunder.
c) Hail/ Ice on ground	Play/ Competition should be suspended immediately until hazard clears. Refer to weather radar for official report and where available, shelter should be offered for players/ spectators/ officials until cleared.
d) Extreme Heat	<p>36 degrees + Play/ Competition should be postponed or cancelled.</p> <p>31 – 35 degrees Play/ Competition should be interrupted at 10 minute intervals for a minimum period of 2-5 minutes during which time rest, drinks/ cooling techniques & facilities should be used by all officials and players involved. Each session shall not exceed 60 minutes.</p> <p>30 degrees Communication of heat stress management strategies/ Warnings of possible risk.</p>
e) Extreme Cold Weather	When severe winter weather is forecast, weather reports and traffic conditions within the immediate area should be monitored, if the ground is slippery from frost, snow, rain or mud, or if the temp drops below 8 degrees, it is at the discretion of the controlling body to determine whether play/ competition should be suspended or cancelled until hazard clears.
f) Limited Air Quality/ Pollution	Communication of health management strategies/ Warnings for Asthma sufferers