



Unfavourable weather policy Version 1.2

The purpose of this document is to specify the clubs unfavourable weather policy as it pertains to club training and club events.

The policy broadly follows the Athletics Victoria “unfavourable weather guidelines” which are may be accessed on the Athletics Victoria web site under About>Policies..

It is recognised that conditions, duration, impact, etc may vary and a prescriptive policy is not proposed. Rather, the principal decision makers at an activity are to apply the principle of safety first.

Weather during club training and club events.

High temperatures:

- No training or club events to be conducted in excessive temperatures as per discretion of the coach..
- Safety first, if it is hot, training to be conducted in the shade and distances and effort reduced.

Low temperatures:

Generally not a problem to sprinters and longer distance types consider it a part of the winter environment. Ensure that warm clothing is available at the end of a long run.

Rain:

A very subjective situation as many long distance runners like running in the rain. Safety first, take into consideration the temperature, the length of the run and conditions underfoot.

High winds:

If high winds are present ensure that training is kept away from large trees and any items that may be propelled by the wind.

Lightening:

Training is not to be conducted outdoors if there is local lightening and thunder.

The time between seeing a bolt of lightening and hearing any thunder gives an idea of the distance of the lightning from the observer. TEN (10) seconds is around 3 kilometres.

Members responsibilities:

- It is the club members responsibility to:
 - Provide themselves with appropriate clothing for the weather.
 - Provide appropriate drinks and food for the weather.
 - Provide appropriate sun clothing and cremes.

