



Extreme Weather Policy

Policy Overview

Malvern City Football Club (the Club) is committed to ensuring the health and safety of all participants, including staff, volunteers, players, officials, and spectators, during football activities. Recognizing the potential dangers posed by extreme weather conditions, this policy outlines procedures to manage and mitigate risks associated with such weather events.

Notification of Extreme Weather

Game Cancellation: The decision to cancel a game due to extreme weather will be made by the Match Official on the day of the event.

Training Cancellation: The Program Technical directors will decide on training cancellations by 3 pm on the day of training. Notifications will be sent via the TeamReach app once the teams are formed for the season. Updates will be provided on the club's Social Media channels and/or via emails outside this period.

Hot Weather Conditions

The Club will monitor temperatures via the Bureau of Meteorology (BOM) website and take the following actions based on ambient temperatures:

Ambient Temperature	Under 4 – 11	Under 12 -21 and Seniors & Reserves
Up to 31°C	Training can continue	Training can continue
32°C – 35°C	Training to be cancelled	Training can continue if it is held and completed by 11.00 am or commenced after 6.00 pm.
36°C and Above	Training to be cancelled	Training to be cancelled

Requirements During Hot Weather

Ensure players and officials drink fluids before, during, and after sessions.

Provide an adequate supply of water and ensure frequent breaks.

Water bottles shall not to be permitted to be thrown onto the field of play, players may be handed a water bottle from the side of the field.

Wet Weather Conditions

Scheduled activities may be affected by hail, lightning, or heavy rain. Specific procedures are as follows:



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Heavy Rain: Games and training sessions will be suspended if heavy rain results in poor visibility or unsafe ground conditions. Play will resume only when conditions improve.

Hail: The Technical Directors, Coaches, and/or Match officials will determine if a hailstorm poses a risk and suspend training and game if necessary.

Lightning: The "30-30 Lightning Rule" will be used as a safety guideline to determine when it is safe to be outdoors during a thunderstorm. Here's how it works:

1. **First "30":** When you see lightning, start counting the seconds until you hear thunder. If the time between seeing the lightning and hearing the thunder is 30 seconds or less, the lightning is within 10 kilometers (6 miles) and poses a significant danger. This means you should seek shelter immediately.
2. **Second "30":** After the storm seems to have passed, wait at least 30 minutes after the last flash of lightning and the sound of thunder before leaving the shelter. This ensures that the storm has moved far enough away and it is safe to resume outdoor activities.

Safety Procedures for nearby lightning

When lightning is nearby, follow these precautions:

If Shelter is Accessible:

- **Seek Shelter:** Go inside a hard-top vehicle or a solid building immediately.
- **Avoid Electrical Items:** Do not touch electrical items or use corded telephones during the storm.
- **Vehicle Safety:** If in a vehicle, park away from trees and power lines. Avoid touching any metal parts.
- **Avoid Small Structures:** Do not seek shelter in small structures or fabric tents.
- **Stay Clear of Windows:** Keep away from windows to avoid injury from potential glass breakage.

If Shelter is Not Available:

- **Crouch or Squat:** Crouch or squat with your knees drawn up and feet together, preferably in a low-lying area.
- **Hands Off the Ground:** Keep your hands off the ground to minimize the risk of a lightning strike passing through your body.
- **Make a Small Target:** Make yourself as small a target as possible; do not lie down flat.
- **Spread Out:** If in a group, spread out at least 10 meters apart to reduce the risk of multiple injuries.
- **Remove Metal Objects:** Remove any metal objects from your person.
- **Hair Standing or Buzzing Sound:** If your hair stands on end or you hear a buzzing sound, move immediately to a safer location.
- **Avoid High and Exposed Areas:** Stay away from hilltops, ridges, gullies, rock overhangs, and shallow caves.
- **Stay Away from Water:** Keep well away from water bodies.
- **Do Not Shelter Under Trees:** Avoid taking shelter under trees as they can attract lightning.

By following these safety procedures, you can significantly reduce the risk of injury from lightning.



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First Aid

If someone is struck by lightning or affected by hot weather, follow these steps to provide first aid:

Lightning Strike

1. Ensure Scene Safety

- Make sure the area is safe from further lightning strikes. If possible, move the victim to a safer location.
- Do not put yourself in danger; wait until it is safe to approach the victim.

2. Call for Emergency Help

- Dial emergency services immediately (000 in Australia).
- Provide clear and precise information about the location and the incident.

3. Assess the Victim

- Check for responsiveness. Gently shake the victim and ask if they are okay.
- If the victim is unresponsive, check for breathing and a pulse.

4. Administer CPR

- If the victim is not breathing and has no pulse, begin CPR immediately.
- Perform chest compressions at a rate of 100-120 compressions per minute, pressing down at least 5 cm (2 inches) deep for adults.
- Give rescue breaths if trained to do so, in a ratio of 30 compressions to 2 breaths.

5. Use an AED if Available

- If an automated external defibrillator (AED) is available, use it as soon as possible.
- Turn on the AED and follow the voice prompts.

6. Monitor the Victim

- Continue CPR until the victim starts breathing or emergency medical personnel arrive.
- Keep the victim warm and dry.
- If the victim starts breathing on their own, place them in the recovery position (on their side) to keep the airway open and clear.

7. Treat for Shock

- If the victim is conscious, keep them calm and reassured.
- Elevate their legs if possible to improve circulation.
- Cover them with a blanket to keep them warm.

8. Look for Additional Injuries

- Check for burns, fractures, or other injuries caused by the lightning strike.
- Treat burns with cool, wet cloths, but avoid applying ice directly to the skin.
- Immobilize any fractures using splints or padding.



Heat-Related Illnesses

1. Move to a Cooler Environment

- Move the person to a shaded area or an air-conditioned space immediately.

2. Cool the Person Down

- Remove excess clothing.
- Use cool water to sponge the person down, or immerse them in a cool bath.
- Apply ice packs to the armpits, groin, neck, and back.

3. Hydrate

- Give small sips of cool water or a sports drink.
- Avoid giving sugary or alcoholic beverages.

4. Monitor Vital Signs

- Check the person's pulse and breathing regularly.
- If they are unconscious or unresponsive, check for signs of heat stroke (hot, dry skin; rapid pulse; confusion).

5. Call for Emergency Help

- Dial emergency services immediately (000 in Australia) if the person shows signs of heat stroke or if their condition does not improve.
- Provide clear and precise information about the location and the person's condition.

6. Administer First Aid for Heat Exhaustion or Heat Stroke

- Heat Exhaustion: Move to a cool place, hydrate, and cool the body with water and fans.
- Heat Stroke: This is a medical emergency. While waiting for emergency services, try to rapidly cool the person using any available means (cool water immersion, ice packs).

7. Prevent Further Exposure:

- Keep the person in a cool place and avoid further heat exposure for the rest of the day.
- Encourage them to rest and continue hydrating.

By following these first aid procedures, you can provide critical support to someone affected by a lightning strike or heat-related illness until professional medical help arrives.

Policy Review

This policy will be reviewed and updated every two years to ensure its effectiveness and relevance. The next review dates are set for 2026 and 2028.