



## EXTREME WEATHER CONDITIONS POLICY

### Policy No: #1

Mildura Swimming Club (MSC) has a responsibility to take a positive role in educating and increasing the awareness for all participants attending the 2022 Victorian Country LC Swimming Championships in regard to the dangers of physical activity in extreme weather conditions.

MSC acknowledges it has a responsibility and duty of care to ensure the safety of participants, officials and spectators throughout the championship weekend. With this in mind, the Extreme Weather Conditions Policy has been developed for the championships, in consideration of the guidelines produced by Sports Medicine Australia (SMA) for hot weather and also in considerations associated with other extreme weather conditions such as electrical storms or dust storms.

This policy applies to all participants associated with the 2022 Victorian Country LC Swimming Championships.

The following recommended guidelines have been produced by Mildura Swimming Club, with approval from Swimming Victoria to assist with deciding whether to modify, cancel or postpone events.

In addition to the Extreme Weather Conditions Policy the below resources and checklists are available from the SMA website – <https://sma.org.au/sma-site-content/uploads/2021/02/SMA-Extreme-Heat-Policy-2021-Final.pdf>

This policy has been reviewed and endorsed by the Mildura Aquatic Facilities and does not conflict with any existing protocols in place at the venue. It should be noted that Aligned Leisure, as operators of Mildura Waves Aquatic and Leisure Centre, have ultimate control in the event that extreme weather presents a risk to persons within the outdoor pool area and will work with Mildura Swimming Club and relevant event officials to coordinate an appropriate response as required.

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### **HOT WEATHER**

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All participants need to ensure that they are prepared for encountering extreme weather conditions at this time of year in Mildura.

Mildura Swimming Club and Swimming Victoria may at any time, make changes to the format of the championship's competition due to the Weather Conditions.

### Implementation – Checking Forecast Weather Conditions for the event

Mildura Swimming Club and Swimming Victoria is preparing with the following actions so that everyone is aware that changes might be made.

Time	Source	Action
7 days prior to event	Visit the BOM website ( <a href="http://www.bom.gov.au">www.bom.gov.au</a> ) <ul style="list-style-type: none"> <li>Check the forecast</li> </ul>	<ul style="list-style-type: none"> <li>Note the current forecast for the event date</li> </ul>
5 days prior to event	Utilise 7 day forecast to review forecast for the event. Has it changed?	<ul style="list-style-type: none"> <li>MSC to make preliminary contact with Swimming Victoria and Event Attendees and advise all of the possibility to make changes.</li> </ul>
2-3 days prior to event	Utilise 7 day forecast to review forecast for the event.	<ul style="list-style-type: none"> <li>MSC and Swimming Victoria should make the last pre-activity required decision with regards to any changes required due to undesirable weather and then inform attendees of changes made</li> </ul>
1-2 days prior to event	Utilise 7 day forecast to review forecast for the event.	Recontact event attendees and remind them of: <ul style="list-style-type: none"> <li>Weather conditions at your venue</li> <li>Any planned changes to activity</li> <li>Amenities available to assist with undesirable weather</li> </ul>
During event	Utilise daily forecast to review forecast for the event.	<ul style="list-style-type: none"> <li>Consult with Referees with regards to further changes required. Provide an update to club team managers with regards to process/outcomes due to undesirable weather conditions.</li> </ul>

In the chance that the championships will have extreme temperatures, Mildura Swimming Club and Swimming Victoria will use the below guide to schedule competitions to avoid the hottest part of the day. Early morning or night times reduce the risk of encountering stressful conditions.

Temperature	Action
<40	Competition will take place at the published time
41 – 44	Competition will be modified to the following: <ul style="list-style-type: none"> <li>• Morning (heat) session will take place at the published time.</li> <li>• Afternoon (final) session will start at 5:30pm.</li> </ul>
45>	Competition will be modified to the following: <ul style="list-style-type: none"> <li>• Morning session will be changed to a straight finals format.</li> <li>• Afternoon session will be cancelled.</li> </ul>

Please note this is a guide only, there might be other changes that need to be made.  
*Do not automatically conclude that temperatures after 5:30pm will be cool enough.*

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### **THUNDERSTORMS**

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Thunderstorms present a significant risk to all participants when they occur in the vicinity of the competition. In particular, thunderstorms which occur in and around an open area such as a swimming pool present a significant risk to life. Storms can also develop quickly.

It is widely recognised that a significant lightning threat extends outward of the thunderstorm cloud for approximately 10-15 kilometres, thus, when a storm is within this range, appropriate action should be taken to minimise the danger to participants. As a general guide, the ability to hear thunder is usually an indication that the storm is within 10-15 kilometres of your location. In the event of the threat of a thunderstorm, the following actions should occur:

- Prior to and during training, competitions or events, the BOM weather forecast will be monitored, and in particular the presence of a severe weather warning indicating a chance of thunderstorms
- If a severe weather warning is in effect or if thunderstorms are predicted, cancelling or postponing the championships will be strongly considered. Check with the BOM to see if thunderstorms are predicted within the 10-15 km radius. Thunderstorms in general are often predicted but do not eventuate in the local area.

In the event that thunder is heard, or a thunderstorm occurs during the championships the following action will be taken:

- Pool staff have overall control of any decisions, in conjunction with MSC and SV.
- MSC and SV will ask all participants to immediately leave the outdoor pool area and proceed to enter the indoor pool area at Mildura Waves.
- Evacuation from the outdoor pool into the indoor pool will be coordinated through the PA where available.
- Individuals should shelter inside away from windows and avoid contact with metal surfaces until the storm has passed
- Any contact with electrical equipment and wiring should be avoided during an electrical storm
- Corded phones should not be used during an electrical storm. Mobile phones and cordless phones are safe to use.
- Once an electrical storm has passed, activity should not resume for another 30-minutes as electrical charges can linger in clouds after the storm has passed.
- At this time, the pool staff, SV and MSC will assess the area for damage before determining whether competition should resume.
- No individuals will be permitted to return to the outdoor pool until all clear is given by the pool staff, SV and MSC.

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### ***STRONG WINDS & DUST STORMS***

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Strong winds present a safety risk to all participants in and around the pool environment. In the event of the threat of occurrence of strong winds, the following actions should occur:

- Prior to and during the competition, the BOM weather forecast will be monitored, and in particular the presence of a severe weather warning indicating strong winds.
- If a severe weather warning is in effect or if strong winds are predicted, cancelling or postponing the competition will be strongly considered.
- If strong winds are predicted, it will be advisable to take down all temporary tent-like structures to avoid the risk of injury or damage if they move.

In the event that strong winds occur during the competition the following action will be taken:

- MSC and SV will ask all participants to immediately leave the outdoor pool area and proceed to enter the indoor pool area at Mildura Waves.
- Evacuation from the outdoor pool into the indoor pool will be coordinated through the PA where available.
- Individuals should shelter inside away from windows and avoid contact with metal surfaces until the threat has passed
- Once strong winds have ceased, pool staff, SV and MSC will assess the pool area for damage before determining whether competition should resume.

- No individuals will be permitted to return to the outdoor pool until all clear is given by the pool staff, SV and MSC.

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### ***LOW VISIBILITY***

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Low visibility can present a safety risk to all participants in and around the pool environment. In the event of the threat resulting in low visibility, the following actions should occur:

- Prior and during the event, the BOM weather forecast will be monitored, and in particular the presence of a severe weather warning indicating conditions of low visibility
- If a severe weather warning is in effect or if low visibility is predicted, cancelling or postponing the championships should be strongly considered.

In the event that conditions create a situation of low visibility during the championships that reduced visibility to less than 50 metres, the following action will be taken:

- MSC and SV will immediately cease the competition.
- Where possible, announcements will be made via a PA system.
- Once visibility has improved to beyond 50 metres, MSC and SV will make a decision regarding whether to continue with or cancel the event.

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### ***INTENDED USE***

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This document is intended to be used as a guide only. Ultimately, every person is different, and individuals will respond to participation in physical activity in extreme conditions in different ways. To this end, individuals are encouraged to assess their level of participation in the event in order to best avoid illness or injury in extreme weather conditions.

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### ***CENTRAL MANAGEMENT***

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To ensure all participants have adequate information a link to this policy will be made available on the event website and Facebook page and regularly updated.

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### ***APPROVAL AND REVIEW***

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This policy was last updated and adopted by Mildura Swimming Club and Swimming Victoria