



WEATHER POLICY

PURPOSE

At Mernda Junior Football Club (MJFC), the safety and well-being of our players and coaches are our top priorities. Weather conditions can significantly impact the safety and enjoyment of our activities. Therefore, it is essential to have a comprehensive weather policy in place to ensure that all players and kids are informed and prepared for various weather scenarios. This policy outlines the procedures and guidelines to be followed in the event of adverse weather conditions, ensuring that everyone can enjoy the club activities safely.

HOT WEATHER

Compared to adults, children are at increased risk of heat illness- heat exhaustion and heat stroke. It is therefore important that during times of hot and humid weather, steps are taken to minimize the risk of heat illness during training and competition games. Coaching staff will actively encourage junior players to remain hydrated with high temperatures.

Parents are encouraged to provide additional drinks during training sessions.

Training will be cancelled at the discretion of the committee and coaching staff.

- For temperatures **over 32 Degrees** (including up to 30min prior Training Start), it is up to the coach's discretion to continue or cancel training activities.
- If temperature **exceeds 35 Degrees** (including up to 30min prior Training Start) training must be cancelled.

At any time: If in the opinion of the Coaching staff both the temperature and humidity conditions have become unsafe for the players, then they shall cancel /terminate training.

Please also refer to the clubs UV Sun Protection Policy, which can be found on our website, document section.

WET / COLD WEATHER

Coaching staff will cancel training if conditions are unsuitable due to heavy rain, strong wind and/or extreme cold.

The MJFC will cancel training for all teams if either the weather or ground is deemed unsatisfactory/unsafe.

LIGHTNING / THUNDERSTORMS

At Mernda Junior Football Club, the safety and well-being of our players and coaches are our top priorities. In the event of lightning or thunderstorms, the following procedures and guidelines must be followed to ensure everyone's safety:

1. **Immediate Suspension of Activities:** All outdoor activities must be immediately suspended at the first sign of lightning or thunder. This includes training sessions, matches, and any other outdoor events.
2. **Seek Shelter:** All players, coaches, and spectators must seek shelter in a safe location. Suitable shelters include fully enclosed buildings with electrical wiring and plumbing or fully enclosed metal vehicles with the windows up. Avoid open fields, tall trees, metal objects, and water.
3. **30-Minute Rule:** Activities can only resume 30 minutes after the last observed lightning or thunder. This rule helps ensure that the storm has moved a safe distance away from the area.
4. **Communication:** Coaches and team managers are responsible for communicating the suspension and resumption of activities to all participants. They should also monitor weather updates and warnings from reliable sources.

By adhering to these guidelines, we can ensure the safety of all participants during lightning or thunderstorm situations.

The coach or coach nominated parent, should monitor the situation during training and alert coach and players, if it becomes unsafe. For guidance we strongly recommend the MY LIGHTNING TRACKER APP available on iOS and Android.

