South Australian Amateur Soccer League Inc

Extreme Weather Policy

Date Implemented	March 2025
Date Amended	February 2026
Policy to be reviewed	Annually

The South Australian Amateur Soccer League (SAASL)-and its registered Clubs have a responsibility to ensure the health and wellbeing of staff volunteers, players, officials and spectators. In fulfilling this responsibility, all members have a duty to provide and maintain an environment that is safe and without risk to health.

The Extreme Weather Policy will assist staff, volunteers, players, officials and spectators to undertake necessary action in cases of extreme weather. This is to prevent injury, and possible death, by recognising and managing potentially dangerous extreme weather situations.

It is the responsibility of all Clubs to distribute this policy and implement the requirements as outlined.

Risks Associated with Hot Weather

SAASL recognises that the risk of an elevated body temperature from high intensity sport in a hot environment is significant and can lead to heat illness presented as heat stroke and heat exhaustion.

Sports Medicine Australia advises that symptoms of heat illness may include:

Light headedness, dizziness
Nausea
Obvious fatigue
Cessation of sweating
Obvious loss of skill and coordination/clumsiness or unsteadiness
Confusion
Aggressive or irrational behaviour
Altered consciousness
Collapse
Ashen grey pale skin

Symptoms can be worse if fluid replacement during exercise is inadequate which leads to fluid loss and dehydration.

Signs of heat stroke in sports participants may include altered mental function, loss of consciousness, confusion, loss of skill, loss of coordination or irrational behaviour. Any person exhibiting these signs should be stopped and removed from field or their activity.

Participants who collapse **after** exercise may be suffering from a post-exercise drop in blood pressure (postural hypotension) or may have heat stroke.

Factors Affecting Participants in Hot Weather

SAASL recognizes that there are a number of factors that affect heat stress in participants apart from just the temperature. These include humidity, wind, radiation, shade, duration/intensity or timing of activity, hydration, fitness level, age and gender. Many of these factors are reflected in the concept of a 'wet bulb globe temperature' to more accurately measure heat stress. While Clubs will likely find it easier to use traditional temperature readings (i.e. 32 degrees Celsius) it is important to be aware of the concepts behind the other factors (such as wind speed and radiation).

Children and the elderly may suffer more in the heat during exercise. This may be due to a greater percentage of body fat, and poorly developed sweating mechanism in children.

Competition Requirements during Hot Weather

The League will determine whether the hot weather policy needs to be activated based on the temperature provided on the Bureau of Metrology (BOM) website. A decision to cancel games will be determined by the League and notify all stakeholders at least 24 hours prior to the game.

Depending on the location of the competition venue, the League will utilise the weather forecast in the area closest to the venue including Adelaide, Elizabeth and Noarlunga and regional areas when making decisions.

The table below will be implemented to determine the cause of action that will be taken regarding Hot Weather

Natural Turf Fields

Ambient Temperature	SAASL All Abilities	SAASL Competitions Under 18's & Senior Mens
Up to 31°C	Games are to be played	Games are to be played
32°C – 35°C	Games are to be cancelled	Games are to be rescheduled or played and completed by 11.00am or commenced after 6.00pm
36°C and above	Games are to be cancelled	Games are to be cancelled

Artificial Turf Fields

Ambient temperature	SAASL All Abilities	SAASL Competitions Under 18's & Senior Mens
Up to 30°C	Games are to be played	Games are to be played
31°C – 34°C	Games are to be cancelled	Games are to be rescheduled or played and completed by 11.00am or commenced after 7.00pm
35°C and above	Games are to be cancelled	Games are to be cancelled

Where a game is played involving juniors and the temperature is 27 degrees or higher, a drink break is to be held in each half of the game. The drink break should be a maximum of 2 minutes in duration. The timing of the drink break is at the discretion of the match official but should occur, where possible, at the half way point of each half. (The match official, in consultation with the Clubs, may deem drink breaks are necessary if the temperature is below 27 degrees due to local conditions and player welfare.)

A junior player is classified as any player that participates in the Junior Age Competitions.

Where a game is played involving All Abilities participants, the above junior drink break provisions will apply, with drink breaks implemented when the temperature is 27 degrees Celsius or higher, or at a lower temperature where deemed necessary by the match official due to local conditions and player welfare.

Where a game is played involving adult participants and the temperature is 32 degrees or higher, a drink break is to be held in each half of the game. The drink break should be a maximum of 2 minutes in duration. The timing of the drink break is at the discretion of the match official but should occur, where

possible, at the half way point of each half. (The match official, in consultation with the Clubs, may deem drink breaks are necessary if the temperature is below 32 degrees due to local conditions and player welfare,)

Training Requirements during Hot Weather

The Bureau of Meteorology (BOM) is to be utilised to assess temperature information for determining whether a training session or activity should be undertaken due to hot weather. The site can be accessed either at www.bom.gov.au or on the smart phone app. In utilising either of these sites, a specific location can be used to gain the temperature. It is the responsibility of each Club to access temperature information to determine whether a training session should proceed noting the provisions set out in the tables below..

The tables below are to be used by Clubs to determine whether OUTDOOR training is to continue or be cancelled. Indoor training in an air-conditioned venue may continue.

Natural Turf Fields

Ambient temperature	SAASL All Abilities	SAASL Competitions Under 18's & Senior Mens
Up to 31°C	Training can continue	Training can continue
32°C – 35°C	Training is to be cancelled	Training can continue if is held and completed by 11.00am or commenced after 6.00pm
36°C and Above	Training is to be cancelled	Training is to be cancelled

Artificial Turf Fields

Ambient temperature	SAASL All Abilities	SAASL Competitions Under 18's & Senior Mens
Up to 30°C	Training can continue	Training can continue
31°C – 34°C	Training is to be cancelled	Training to be rescheduled or completed by 11.00am or commenced after 7.00pm
35°C and above	Training is to be cancelled	Training is to be cancelled

The temperatures outlined above are the maximum cancellation temperatures. The Club may deem that cancellation of training is necessary at lower temperatures due to the localised conditions, including humidity. The Club can check the humidity prior to commencing the training or activity by reviewing the Wet Bulb Globe Temperature (WBGT) at http://www.bom.gov.au/products/IDS65004.shtml. If the WBGT is 26 or greater than the activity must be cancelled.

Club Requirements during Hot Weather

Clubs shall encourage all players and officials to drink fluids prior to and during all competitions and training sessions to avoid dehydration, and for rehydration following competitions and training sessions.

In all competitions and training sessions, Clubs and officials shall ensure that there is an adequate supply of water for drinking and refreshment and the appropriate drinks breaks are taken as necessary during these competitions or training sessions.

In all competitions and training sessions, Clubs shall ensure that water bottles are accessible to players. 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.

Clubs will make every effort to provide adequate resources for players to participate including the provision of water, ice, and fans, cooling vests and will monitor their players to ensure that they are fit enough to participate or continue to participate. Refer to the factors of heat stress under Risks Associated with Hot Weather.

Clubs shall, where possible, provide a shaded area for players and officials during breaks at all competitions and training sessions.

Clubs are required to document and record all actions that they implement and undertake with regards to hot weather.

First Aid Treatment

Clubs are required to provide first aid for players, officials and the public during competitions and training sessions.

Anyone with any symptoms of heat illness must immediately cease exercising or the activity they are doing. They shall have immediate first aid treatment including Strip/Soak/Fan.

- strip off any excess clothing;
- soak with water;
- fan;
- ice packs placed in groin and armpits.

The aim is to reduce body temperature as quickly as possible. The person should immediately be referred for urgent treatment by a medical professional.

Important: Heat exhaustion/stroke can still occur even in the presence of good hydration. Refer to the factors of heat stress under Risks Associated with Hot Weather.

Additional Resources

Additional information can be obtained from Sports Medicine Australia (www.sma.org.au) and the SA Sports Medicine Association (www.sasma.com.au).

Cold Weather Policy

Scheduled training and games may be impacted on by one or more of the following extreme weather events:

- Hail
- Lightning
- Heavy rain

The decision to cancel a game based on any of the above factors will be determined either by the match official on the day or by the League (in consultation with the Club).

Hail

Hailstorms may present a risk to participants depending upon the size and intensity of the storm. Where a hailstorm occurs, the match official on the day will determine if it poses a risk to the participants.

If the Match Official deems that there is a risk, the game is to be suspended during the hailstorm so that players and officials can seek suitable shelter. Once the hailstorm has ceased, the match official may resume play, taking into consideration the condition and safety of the field and other conditions associated with a hailstorm such as drop in temperature, rainfall and increased winds. If it is not safe to resume (or start) the game, the match official is to abandon the game. If the game is abandoned, the match official is required to submit a report detailing the reasons for the decision to the League within 48 hours. Where a game is abandoned, the League will make a decision in accordance with Rule 29, Abandoned and Postponed Fixtures.

Lightning

Lightning is a sudden electrostatic discharge that occurs during a thunderstorm. Thunder is the resulting sound from the rapid expansion of the air after this electrical discharge. Thunderstorms may develop quickly so it is important that you keep a check on the forecast and watch the sky. Darkening skies,

flashes or lightning, or increasing wind may indicate an approaching storm.

Thunderstorms can occur anytime during the year and, therefore, it is important that all Clubs are aware of the safety procedures to follow if lightning does occur.

30 – 30 Lightning Rule

Where a thunderstorm is present, the '30-30' rule is to be used to determine whether a game should be suspended (including delaying the commencement of the game) and when it is safe to resume play. This decision is to be made by the match official (consultation may occur with the Clubs).

The 30-30 rule is applied as follows: when lightning is sighted, count the time until thunder is heard. If that time is 30 seconds or less, the thunderstorm is within 10km and is dangerous. This is the time at which matches are to be suspended.

If the threat of lightning continues and there is a change in weather conditions, such as sunshine or blue sky, it should not be taken as being safe. Using the '30-30' rule, the distance of the storm should be estimated before allowing play to commence or resume.

Safety Procedures

If there is lightning around the following precautions are to be followed:

If shelter is nearby:

- seek shelter in a hard-top vehicle or a solid building;
- do not touch electrical items or telephones during the storm;
- if in a vehicle, park away from trees and powerlines and don't touch any metal parts;
- avoid small structures or fabric tents;
- keep clear of windows.

If shelter isn't available:

- crouch or squat:
  - with knees drawn up and feet together;
  - preferably in a hollow in the ground;
  - keep hands off the ground;
  - make yourself a small target;
  - don't lie down;
  - if in a group, spread out 10 metres apart;
- remove metal objects;
- if your hair stands on end, or if you hear buzzing nearby move immediately;
- stay away from hilltops, ridges and gullies, rock overhangs and shallow caves;
- keep well away from water;
- don't shelter under trees.

First Aid

Where a person is struck by lightning, call '000' at once. As all deaths from lightning arise from cardiac arrest and/or stopping of breathing, apply CPR until medical assistance arrives. The person performing CPR will not receive an electric shock from the victim. If proper treatment is administered, most victims survive a lightning strike.

Heavy Rain

For the purpose of competition games, the League will monitor the weather forecasts in relation to rainfall. Communication will be on going with Clubs and, where possible, the League may undertake a pitch inspection or request photographic evidence to determine the condition of the ground.

The League (in consultation with the Club) may determine prior to the day/s of the game that the ground is not safe to play on, in which case this will be communicated to relevant stakeholders. The League may

also issue a directive that the condition of the ground is such that only one game may be played. In such cases priority will be given to the highest-grade game or the game to be played as directed by the League.

If on the day of the game the match official inspects the ground and determines it is not safe to proceed, the game is to be abandoned. The decision to abandon a game based on the condition of the ground is at the sole and absolute discretion of the match official. The decision and the reasons must be reported to the League by the match official within 48 hours.

Clubs are responsible for determining whether the condition of the ground is safe for the purpose of training. In making a determination the Club should also take into consideration whether training on the field will have an adverse impact on the field being available for competition games.

Other Conditions

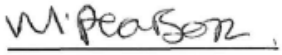
The match official has sole and absolute discretion to determine if the weather conditions pose a danger to participants. Where the match official makes such a determination the game may be abandoned or delayed until it is safe to proceed (if time permits). Where a game is abandoned or delayed, the match official is to submit a report into the League within 48 hours.

This Policy is subject to the provisions of the Football SA Extreme Weather Policy.

Signed SAASL President

23/2/2026

Date



Signed SAASL Business Manager

24/02/26

Date