



Extreme Weather Policy

The Macedon Ranges Running Club Inc recognizes that overexposure to UV or heat, and exposure to dangers resulting from extreme weather conditions such as flood, fire or electrical storms, can be minimised through the implementation of preventative approaches, such as cancellations and changes to running courses.

Timing

This policy is effective from 08/04/2014 and reflects the Macedon Ranges Running Club's commitment to providing a safe environment for members.

Extreme Weather Conditions:

- ✓ **Fire:** Leaders should be aware if the possibility of a wild fire exists and not take runners into an area with a bush fire warning. Information is available through radio and the CFA bush fire app for a mobile phone.
- ✓ **Weather:** The leader will notify the group of modifications or not run in extreme conditions. Extreme conditions include; strong or gale force winds, flash flooding, extreme cold or extreme heat. The Bureau of Meteorology site (BOM) is useful for checking weather conditions. Smartplay Resources from www.smartplay.com.au may be used.
- ✓ **UV and Heat:** Where possible, training and events are scheduled to minimise exposure to UV levels and avoid high temperatures. Where it is not possible to avoid peak UV and heat periods, the following interim steps are taken to minimise the risk of overexposure to UV and heat:
 - ◆ Warm-up activities are limited in duration and intensity.
 - ◆ The duration of the activity is reduced
 - ◆ Rest breaks and opportunities to seek shade and rehydrate are increased.
 - ◆ Sunscreen made available and replaced once it is past the use-by date.
 - ◆ Participants are encouraged to apply sunscreen.
 - ◆ All those involved are aware that they need to be well hydrated before participating in physical activity.
 - ◆ Sports Medicine Australia's "*Beat the Heat*" brochure is a useful source of good advice on this topic. (See www.sma.org.au)
- ✓ **Storm:** The Club will not allow runners to run in an electrical or thunder storm or other hazardous conditions such as very strong winds. Cancellation of training and events occurs when high risk conditions are forecast.