



# Extreme Weather Policy

DRSC upholds the FV Extreme Weather Policy, a summary of key points is below.  
A hardcopy of the full policy is available in the Main First Aid Room or [electronically here](#).

## Extreme Heat

Playing football in extreme heat can raise body temperatures and therefore result in heat related illness up to and including fatality. In case of extreme heat, coaches, team managers and officials will monitor the “*Wet Bulb Globe Temperature*” at the closest BOM weather station and implement the Extreme Weather Policy accordingly. The closest weather station to Anderson Park is Viewbank.

When the UV index is greater than 3, Sun Smart practices should be adopted.

## Extreme Cold

Clubs must monitor player activity in extreme cold, as these situations can cause health risks, especially where players are not acclimatised to cold conditions. The *ambient conditions* (e.g. hail, rain, temperature) and ground conditions (e.g. ice, mud) must be continually assessed to determine if play should cease and when it can restart.

## Lightning and Thunderstorms

A storm cell with lightning activity within 10km of the Club presents an unacceptable risk and play/training must cease immediately. FV adopts the *30/30 rule* as a guide for deciding if lightning is within 10km and if/when activities can resume. If the time between the lightning strike and the thunder being heard is less than 30 seconds, take cover. At Anderson Park, this means sheltering under the grandstand staying away from the posts or, if possible, within the club house/change rooms maintaining COVID-19 maximum capacity limits as applicable at the time.

## Air Quality and Pollution

Clubs are required to monitor the *Air Quality Index* (AQI) for the location they are playing/training at. The monitoring station currently closest to Anderson Park is Viewbank.

For the avoidance of doubt, the club will stop all activities for U14 and below age groups once AQI reaches 100 at the Viewbank station in the two hours prior to scheduled activities. Older age groups are expected to cease all activities if the AQI exceeds 150. Activities can resume if the AQI drops to a lower level.

There is **NO Ventolin** kept on site.

**Be prepared and subscribe to the “Victorian Emergency – Incidents and Warnings” service**