

CLUB SUN SMART, HEAT & ADVERSE WEATHER POLICY

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Description of Change	General Meeting Date
Part of an overhaul/creation of existing/new Club By-Laws	Approved 28 July 2025

This policy outlines the Club's protocols regarding adverse weather including hot weather, wet/stormy weather and lightning.

As an affiliate of the South Australian Cricket Association, the Lyndoch Cricket Club declares its compliance to the SACA Affiliate & Club Protection Policy. Within this document is the SACA heat policy, which has been included as an excerpt below.

15.1 Sun Smart

The Club will encourage all members to abide by the SunSmart recommendations of Slip, Slop, Slap, Seek and Slide and accompanying information at the below website:

<https://www.sunsmart.com.au/protect-your-skin>

In addition, the Club will encourage (and make available for purchase) members to wear long sleeve playing shirts, caps and wide brim hats for training and/or matches. Coaches and Team Captains will also be supplied with sunscreen for players to use. While match times are determined by the Association, the Club will endeavour to schedule any trainings or events outside of peak UV rating hours or make adjustments if required. Caps or hats must be worn by all players during training and matches when appropriate.

15.2 Heat

(a) SACA Heat Policy

- This policy applies to SACA affiliated club, players, umpires and club/SACA officials. For conciseness, these are referred to hereafter as "participants"
- The purpose of this policy is to ensure that no participant suffers significant health damage due to participating in hot conditions
- Participating in hot conditions will affect different individuals to different extents and in differing ways
- Factors which can influence the effect on different individuals include;

- the individuals level of fitness and general health
 - the preparation the individual has undertaken in the lead-up to the match
 - whether, and how much, the individual has participated in cricket (or other strenuous activities) in the days prior to the day of the match in which he/she is now participating
 - the age of the individual
- The responsibility for ensuring the safety of individual participants is primarily the responsibility of Clubs and the individuals themselves
- SACA provides the guidelines in this policy, and makes specific directions and provisions in this policy, to ensure clubs and participants are aware of their responsibilities and have the opportunity to avoid unnecessary risk to individuals

(b) Club responsibilities

- Ensure Club, team and match officials are aware of this policy, and their responsibilities under it
- Promote to all participants the 'Drink Up' publication by SA Sports Medicine Association
- Ensure that individuals are aware of their own responsibilities in regard to preparing themselves for playing in hot conditions, and to withdraw if they are at an undue risk due to individual circumstances
- Monitor participants and ensure that individuals at particular risk (due, for example, to having played in hot conditions over a number of preceding days, or to having a fitness level lower than most) do not take part in conditions in which they are at undue risk
- Place no pressure on any participant to refrain from withdrawing from any match, or day of a match, or part of a day, for health and/or safety reasons
- Ensure participants have every opportunity under the laws and by-laws to rehydrate during and after participation
- Postpone or cancel Club trainings or other Club events should hot weather be determined to be detrimental to the safety and wellbeing of relevant members
- Liaise with the relevant Association(s) and opposing clubs should the match venue not be suitable for play with predicted hot weather (if not already cancelled due to Association policies) and find alternate options
- Communicate as soon as possible via social media, WhatsApp groups and any other messaging services required to ensure members are aware of any cancellations

(c) Individual responsibilities

- Read and understand this policy and the guidelines in the 'Drink Up' publication by SA Sports Medicine Association
 - Follow the recommendations in "Drink Up" before, during and after participation
- In conjunction with the Club, assess your own susceptibility to heat stress, using the factors in the introduction to this policy and withdraw from participation if you or your club assesses your risk level to be unacceptable

- Immediately inform Club officials and/or seek assistance from a qualified medical practitioner should you start to feel any of the symptoms of heat injury as listed in 'Drink Up'
- Comply with any directions from the Club

15.3 Wet Weather & Lightning / Storms

(a) Club responsibilities

- Ensure Club, team and match officials are aware of this policy, and their responsibilities under it
- In the case of wet weather, implement any actions that ensure the safety of all members in regard to participation in trainings or matches; if surfaces are wet and slippery, do not continue with the activity
- Ensure that individuals are aware of their own responsibilities in regard to their own safety in wet conditions, and to withdraw if they are at an undue risk due to individual circumstances
- Place no pressure on any participant to refrain from withdrawing from any match, or day of a match, or part of a day, for health and/or safety reasons
- Postpone or cancel Club trainings or other Club events should the adverse weather be determined to be detrimental to the safety and wellbeing of relevant members
- Liaise with the relevant Association(s) and opposing clubs should the match venue not be suitable for play because it was affected by wet weather in the days prior and find alternate options (if not already cancelled due to Association policies)
- Communicate as soon as possible via social media, WhatsApp groups and any other messaging services required to ensure members are aware of any cancellations

Relating to lightning, in accordance with Cricket Australia's 'Mitigating Risk Storm Management' publication, at Club trainings or events the Club will:

- Implement the 30/30 rule, where if thunder is heard within 30 seconds after a lightning flash action must be taken to
 - Suspend any activities
 - Seek shelter in an enclosed building (avoiding metal)
 - Wait at least 30 minutes until after the last audible sound of thunder to resume
- If thunder is heard longer than 30 seconds after a lightning flash, the situation must be continually monitored and if any doubt, suspend activity and seek shelter
- Conditions are to be monitored using the Bureau of Meteorology app or similar
- Shelter must not be anywhere open, under trees or near metal
- If someone is struck by lightning, call 000 immediately and begin CPR, using a defibrillator if accessible

(b) Individual responsibilities

- Read and understand this policy

- In conjunction with the Club, assess your own susceptibility to hypothermia from being wet (using first aid information available online or trained personnel) and withdraw from participation if you or the Club assesses your risk level to be unacceptable
- Immediately inform Club officials and/or seek assistance from a qualified medical practitioner should you start to feel any of the symptoms of hypothermia or other injuries related to the wet or stormy weather
- Comply with any directions from the Club

15.4 Club trainings and match advice regarding adverse weather

Relative to both hot and wet weather, the Club will make a decision regarding the delay or cancellation of Club trainings as close as possible to the scheduled start time of trainings on that evening, or at the earliest time possible to not cause major inconvenience.

Q. Who should I call in the case of hot or wet weather to see if training is on?

A. No one – messages will come via the Club, coaches or committee through the relevant WhatsApp group, Facebook page or other channels as required to provide further information; if you hear nothing you can assume it is going ahead.

Q. What should I do if it is raining on the day of the match?

A. You must still attend the match; a decision will be made by coaches (in the case of junior matches), senior captains (where a neutral umpire is not present) or an appointed umpire. In some cases, wet weather cancellations are made in advance for matches but this is rare. Similar to trainings above, if a match is cancelled ahead of time you will receive communication.

Q. Who do I contact when it's hot to see if the match is still on?

A. No one. The Club will make every effort to ensure you are made aware of a cancellation as per the relevant Association hot weather policy. There should be no need to contact coaches or captains – they will contact you!

15.5 Association adverse weather policies

In addition to our Club policies, the Barossa and Light Cricket Association and Para Districts Cricket Association detail specific adverse weather policies for heat, rain and lightning/storms (including cut-off temperatures for matches across junior and senior playing grades). These are reviewed annually and can be found on their respective websites.