



Charles Sturt Fencing Club

Hot Weather Policy

AUTHORISED BY

President, Charles Sturt Fencing Club

EFFECTIVE FROM

1 June 2018

REVIEW BY

June 2019

LAST AMENDED

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APPLIES TO

Members, employees, volunteers, and visitors

POLICY OFFICER

Operations Officer, Charles Sturt Fencing Club

RELATED LEGISLATION

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RELATED POLICIES, PROCEDURES, GUIDELINES, STANDARDS, OR FRAMEWORKS

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Charles Sturt Fencing Club

Hot Weather Policy



Summary

It is acknowledged that Charles Sturt Fencing Club operates during hot periods throughout the year. Whilst fencing is an indoor sport and weather conditions do not normally affect the operation of and participation in the sport, it is considered necessary that the club maintains a hot weather policy for the safety of all members, employees, volunteers and visitors to the club.

Purpose

The purpose of this policy is to prevent the injury, illness, and possible death, due to heat related stress or factors related to the heat.

General Recommendations

Regardless of the forecast temperature, Charles Sturt Fencing Club recommends members drink plenty of water before, during and after training to remain hydrated. The club makes available water and other cold drinks for purchase. Charles Sturt Fencing Club acknowledges that members know the physical limitations of their bodies better than anyone else and recommends that at all times they adjust their training to remain within those limitations.

Official Forecast

The official forecast used for this policy shall be the Adelaide forecast as published by the Bureau of Meteorology on their website (<http://www.bom.gov.au>) after 4 PM the night before training.

Automatic Closure

Where the official forecast is stated as being 35°C or higher, training will automatically be cancelled and the club will be closed. Notification of the closure will be made on the Charles Sturt Fencing Club Facebook presence.

Modified Training

Where the official forecast is between 30°C and 35°C the club will remain open for training as normal, but consideration will be given to modifying training to account for the warmer conditions. Examples include reducing the duration of bouts, earlier closure of the club, reducing the length of individual lessons with coaches, and so forth.

Exceptions

Exceptions to this policy may be made by the Charles Sturt Fencing Club Board and are made purely at their discretion.