



EXTREME WEATHER POLICY v1

1.0 Purpose

The BMXNT Extreme Weather Policy applies to riders, parents (for riders under 18 years of age), officials, coaches and spectators. These are referred to in this Policy as participants.

BMXNT recognises that it has a responsibility and reasonable duty of care to provide and maintain an environment that is safe and without risk to health for participants for the duration of any event held under the banner of BMXNT.

The purpose of this policy document is to assist BMXNT event participants to prevent injury and/or illness from extreme weather;

- identify and manage potentially dangerous weather conditions; and
- meet their responsibilities in the case of extreme weather conditions.

2.0 Scope

This policy document is intended to cover all stakeholders of any event, racing, coaching, or otherwise, held by BMXNT and its constituent clubs.

Extreme weather includes but is not limited to hot weather, electrical storms and fire.

3.0 Guiding principles

The following policy statements relating to extreme heat have been based on recommendations made by Sports Medicine Australia (SMA) in the Hot Weather Guidelines document.

A full version of the SMA Hot Weather Guidelines document can be found by visiting www.sma.org.au. [Hot Weather Guidelines link.](#)

The following policy statements relating to electrical storms have been based on information from http://www.lightningman.com.au/safety_procedures.html. (Utilised by many sporting organisations)



4.0 Policy statements

4.1 All decisions made in relation to weather conditions must be based on information sourced exclusively from the Bureau of Meteorology (BOM).

4.2 BMXNT events will be cancelled if the BOM declares a Catastrophic (Code Red) fire danger day, for the region in which the event is scheduled to be held.

4.3 BMXNT events may be cancelled, postponed, or modified if the BOM 4pm forecast issued the day prior, indicates that the event day will be above 41°C in the region in which the event is scheduled to be held.

4.4 BMXNT events may be modified by either the Chief Commissaire or Race Director (or Coach for training activities) if the BOM 4pm forecast in the region in which the event is scheduled to be held issued the day prior, indicates that the event day will be between 36°C-40°C.

4.5 BMXNT events should continue as normal if the BOM 4pm forecast issued the day prior indicates that the event day will be under 35°C.

4.6 If at any time an event is potentially affected by an electrical storm, the Chief Commissaire (or Coach for training events) must:

- determine the distance that the storm is from the event site by checking the BOM radar image and by counting the seconds between sighting a lightning strike and when the sound of thunder can be heard;
- if the time elapsed between sight and sound drops below 30 seconds or within 20 kms, the event must be stopped immediately by the Chief Commissaire or (Coach for training events) and all in attendance must seek shelter inside the nearest building or safe location and be instructed not to contact metal structures. The event should not resume until 30 minutes after the last sound of thunder or the storm has pasted 20 kms away.

4.7 If at any time leading into, or during an event, and after the track inspection has been completed, the host venue is deemed unusable or unsafe due to severe weather by the Chief Commissaire or Race Director (or Coach for training events); the event may be modified, postponed or cancelled.



- 4.8 At no point should any athlete or member be forced or pressured to compete in weather conditions which may cause distress or harm.
- 4.9 Details of any competitor who may be predisposed to heat related illness must be documented prior to the competitor racing or training. Such predisposing factors may include, but are in no way limited to, pregnancy, asthma, diabetes, heart conditions and epilepsy.
- 4.10 Details of any rider, official or coach who may be under the influence of a recent illness (such as a virus, flu, gastro) or alcohol or drugs are to consider seeking medical advice and/or withdrawing from the event if it will increase the risk of heat related injuries. These influencing factors are to be declared and documented prior to the BMXNT event

5.0 Responsibilities

5.1 BMXNT responsibilities

- 5.1.1 Prepare, publish and disseminate this policy and include links to the Beat the Heat Fact Sheet [© Sports Medicine Australia 2008]. [Beat the Heat link.](#)
- 5.1.2 Provide guidelines and directions to host Clubs and participants.
- 5.1.3 Establish and apply procedures as to when cancellations shall be made.
- 5.1.4 Ensure this policy is reviewed regularly or as required.

5.2 Chief Commissaire / Race Director / Coach (for training activities) responsibilities

- 5.2.1 Ensure participants are aware of this policy and their own responsibilities in regard to preparing themselves for the event in extreme weather and to withdraw if they are at undue risk to individual circumstances.
- 5.2.2 Place no pressure on a participant to take part in the event in weather conditions that may cause themselves distress or harm.



- 5.2.3** Record the details of heat related illness or disabilities of any participant prior to the event (according to privacy legislation). Medical advice from a First Aider or professional may be required.
- 5.2.4** Source information from the BOM in regards to weather conditions, the day prior to the event, in accordance with **Policy Statement 4.1**.
- 5.2.5** Make decisions to modify, postpone or cancel an event that is at risk of being affected by extreme heat, in accordance with **Policy Statement 4.2 – 4.5**. Should an event be modified, this is discretionary and must take into consideration, but not be limited to, the following factors; rest breaks; access to shade; access to water; opportunities to remove personal protective clothing; and rotation/re-allocation of officials.
- 5.2.6** In the event of an electrical storm, act in accordance with **Policy Statement 4.6**.
- 5.2.7** Complete the track inspection guide prior to the commencement or re-commencement of the event.

5.3 Individual participant responsibilities

- 5.3.1** Read and understand this extreme weather policy and the guidelines in the Sports Medicine Australia (SMA) in the Hot Weather Guidelines document.
- 5.3.2** Follow the recommendations in Beat the Heat Fact Sheet [© Sports Medicine Australia 2008] before, during and after participation in the event. [Beat the Heat link.](#)
- 5.3.3** In conjunction with your Club, parent, coach or officials, assess your own susceptibility to heat injury using the factors in this policy and take the following applicable action:
- seek medical advice
 - take necessary pre-cautions which may include provision of shade, hats, appropriate sunscreen, spray bottles and drinking water
 - withdraw if you deem you are at risk of a heat injury
- 5.3.4** Report pre-disposed heat related illnesses or other illness /influencing factors that may increase heat related injuries to the to the Race Commissaire / Race Director or Coach (for training activities).



5.3.5 Abide by all extreme weather directions as provided by the Chief Commissaire / Race Director or Coach (for training activities).

5.3.6 Immediately inform a designated official and First Aid Responder should you start to feel any of the symptoms of heat injury as listed in the Beat the Heat Fact Sheet [© Sports Medicine Australia 2008]. [Beat the Heat link.](#)

5.4 5.3 Chief Commissaire

5.3.1 It is the joint responsibility of both the Chief Commissaire and the Race Director to complete the track inspection guide prior to the commencement of racing.

5.3.2 It is the joint responsibility of both the Chief Commissaire and the Race Director to source information from the BOM in regards to weather conditions, the day prior to an event at risk of being held in extreme weather conditions.

5.3.3 It is the responsibility of the Chief Commissaire to act in accordance with **Policy Statement 4.6** in the event of an electrical storm.

5.3.4 It is the joint responsibility of both the Chief Commissaire and the Race Director to make decisions in regards to modifying, postponing, or cancelling a race in accordance with this policy and communicating/briefing participants accordingly. Race modification is at the discretion of the Chief Commissaire and may include additional breaks, reduced motos or a delayed start.

5.3.5 It is the responsibility of the Chief Commissaire to record the details of heat related illnesses or disabilities of any competitor prior to the competitor racing (according to privacy legislation). The Chief Commissaire may recommend professional medical advice be sought prior to racing.

5.4 Race Director

5.4.1 It is the joint responsibility of both the Chief Commissaire and the Race Director to complete the track inspection guide prior to the commencement of racing.



5.4.2 It is the joint responsibility of both the Chief Commissaire and the Race Director to source information from the BOM in regards to weather conditions the day prior to an event at risk of being held in extreme weather conditions.

5.4.3 It is the joint responsibility of both the Chief Commissaire and the Race Director to make decisions in regards to modifying, postponing, or cancelling a race in accordance with this policy.

5.4.4 It is the responsibility of the Race Director to record the details of heat related illnesses or disabilities of any official prior to the training or racing event (according to privacy legislation). The Race Director may recommend professional medical advice be sought prior to the official undertaking their duties.

5.4.5 It is the responsibility of the Race Director to brief officials on personal preventative measures during extreme weather, ensure frequent rest breaks are provided and availability of water. The Race Director may rotate officials to reduce individual exposure to the weather.

5.5 Officials (Non Race Related and/or Coaching)

5.5.1 It is the responsibility of the accredited Official / Coach to complete the track inspection guide prior to the commencement of the event.

5.5.2 It is the responsibility of the accredited Official / Coach to make decisions in regards to modifying, postponing, or cancelling an event in accordance with this policy.

5.5.3 It is the responsibility of the accredited Official / Coach to source information from the BOM in regards to weather conditions, the day prior to an event at risk of being held in extreme weather conditions.

5.5.4 It is the responsibility of the accredited Official / Coach to act in accordance with **Policy Statement 4.6** in the event of an electrical storm.

5.5.5 It is the responsibility of the accredited Official / Coach to make decisions in regards to modifying, postponing, or cancelling an event in accordance with this policy.

5.5.6 It is the responsibility of the accredited Official / Coach to record the details of heat related illnesses or disabilities of any participant prior to the event.



6.0 Date of review

This policy document is to be reviewed every 3 years. Policies may also be amended as a result of an event of significance, which may impact on the effectiveness or coverage of the policy.

Amendments must be reviewed and approved by the BMXNT Board prior to adoption. All amendments must be recorded in the table below.

Version	Date of Review	Content Amended
1.0	October 2018	Initial Draft