



# Mordialloc-Braeside Junior Football Club Inc

## Extreme Weather Policy

MBJFC recognises that training and/or playing in extreme weather conditions can have a detrimental affect on individuals. MBJFC requires all players, members and team officials to take steps to ensure they are not unduly affected by extreme weather conditions.

Coaches should, in temperatures greater than 30°C:

- Be aware of the physical capabilities and limitations of players, and members, in their care
- Encourage players and members to wear hats and sunscreen during any training sessions
- Encourage players to drink water before, during, and after any training sessions or games
- Modify training drills to concentrate on skill work rather than physical conditioning
- Allow sufficient recovery time
- Provide rest breaks with drinks and use shaded areas where possible
- Shorten the length of training sessions
- If temperatures are greater than 34°C, Coaches and/or Team Managers should consider cancelling any training sessions if they deem the conditions unsafe
- Refer to the AFL's National Extreme Weather Policy for any further information or guidance on steps to take

Coaches should, in temperatures less than 10°C:

- Be aware of the physical capabilities and limitations of players, and members, in their care
- Modify training drills to concentrate on skill work rather than physical conditioning
- Shorten the length of training sessions
- Encourage players and members to layer dress to the conditions
- Refer to the AFL's National Extreme Weather Policy for any further information or guidance on steps to take

Coaches should, where lightning has been predicted, and/or seen:

- Immediately cancel any training session being held, and seek shelter in Clubroom change rooms
- In a game scenario, request to talk to the game's umpire/s to immediately suspend or cancel the game being played

Ratified February 2019