

# Payneham Swimming Club

## Extreme Weather and Sun Protection Policy



Payneham Swimming Club (PSC) has a responsibility to ensure the health and wellbeing of its members, coaches, volunteers, officials and spectators. In fulfilling this responsibility, all members have a duty to provide and maintain an environment that is safe and without risks to health.

This policy shall be read in conjunction with SwimmingSA's "Preventing Injury & Illness due to Weather Conditions Policy" and Sports Medicine Australia (SMA) guidelines for extreme weather conditions such as hot weather, high winds and thunderstorms.

### Extreme Weather

#### Hot Weather

Where possible, especially between December and March, training sessions should be programmed to start before 9 am or after 3 pm.

When the current temperature exceeds 38°C at 4pm as broadcast on the Bureau of Meteorology website <http://www.bom.gov.au/products/IDS60901/IDS60901.94675.shtml> training sessions will be in a modified format. e.g. less land-based, more skills-based in the water and less intensity.

It is recommended that all swimmers and coaches are well hydrated before training session and have drinking water available. There is a water fountain at the pool for those who forget drink bottles.

#### High Winds

In the event that high winds occur during training sessions the actions of pool staff are to be followed.

#### Thunderstorms

In the event that thunder is heard or a thunderstorm occurs during training sessions the actions of pool staff are to be followed.

### Sun Protection

To minimise the risk of ultraviolet radiation exposure to members and coaches the Payneham Swimming Club recommends:

- all swimmers and coaches apply broad spectrum, water resistant SPF 30+ sunscreen at least 20 minutes prior to exposure and re-apply every 2 -3 hours, or more often after swimming, or heavy sweating
- warm up takes place in the club rooms or shaded areas of the pool
- swimmers wear appropriate sun protective clothing before and after training sessions and at outdoor swim meets
- coaches wear appropriate sun protective clothing during outdoor training sessions.

Additional information can be obtained from Sports Medicine Australia  
<https://sma.org.au/resources-advice/policies-and-guidelines/hot-weather/>