

## Extreme Weather Guidelines

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Bowls NSW has a responsibility to take a positive leadership role in educating and increasing the awareness of its participants towards the dangers of physical activity in the heat and during extreme weather conditions.

The [Bowls NSW Extreme Weather Guidelines Policy](#) should always be read in conjunction with the Club's Policy.

Club Windang strives to ensure that all its members participate in the game of bowls in the safest environment possible with minimum risk of harm.

The decision whether to suspend or discontinue play remains the discretion of the controlling body. Club Windang provides this policy for use during all events held at Windang Bowling Club.

At all events where members of Windang Bowling Club are the controlling body, the following methods will be used to monitor and manage hot weather.

### **MONITORING DEVICES AND REFERENCES**

- C87030 Lacrosse Wireless Colour Weather Station – located in the bowls coordinator's office.
- TX141TH-BCH Wireless Outdoor Temperature Sensor – located above the mat/jack box
- Heat Stress Index – Sports Medicine Australia
- Bureau of Meteorology (BOM) Website - [www.bom.gov.au](http://www.bom.gov.au)

## **MONITORING AND MANAGING HOT WEATHER**

- Before the start of the event, the controlling body will monitor the expected temperatures for the duration of the event. Recommended reference – BOM Website.
- Before the start of play each day, the temperature will be monitored and an announcement to all players will be made warning them of the expected extreme temperatures if appropriate. Players will also be made aware that the weather policy may be invoked during the event.
- Should a player appeal to the umpire that the weather is too hot, the umpire shall inform the controlling body. The controlling body shall check the Heat Stress Index on the Wireless Weather Station and refer to the Heat Stress Index Table.
- If the heat stress index is in the “yellow” zone, players will be encouraged to take regular breaks as required, in a shaded area and to drink water.
- If the heat stress index is in the “red” zone, play shall be suspended as per 3.6 below. When the heat stress index decreases to the “yellow” zone, play should resume.
- The Hi temp limit on the Wireless Weather Station is set to 37 degrees Celsius. When the temp reaches 37 degrees Celsius, an alarm will sound. Play will then be suspended by the controlling body and all the players will complete the end they are currently playing and move from the green to a cool shady area. If the end is declared dead, the end will be replayed if and when the game is restarted.
- When the temperature has fallen below 36 degrees Celsius, play should resume.
- Players, officials and spectators should at all times be encouraged to wear hats or other sun protection. It is recommended that a hat be part of any uniform and sunscreen be worn as appropriate.

# Heat Stress Index

click here for (F°)		RELATIVE HUMIDITY (%)												
		40	45	50	55	60	65	70	75	80	85	90	95	100
T E M P E R A T U R E (C°)	27	27	27	27	27	28	28	28	29	29	29	30	30	31
	28	28	28	28	29	29	29	30	31	32	32	33	34	35
	29	29	29	29	30	31	32	32	33	34	36	37	38	39
	30	30	31	31	32	33	34	35	36	38	39	41	42	44
	31	31	32	33	34	35	37	38	39	41	43	45	47	49
	32	33	33	35	36	38	39	41	43	45	47	50	53	56
	33	34	36	37	38	41	42	44	47	49	52	55	58	
	34	36	38	39	41	43	46	48	51	54	57			
	36	38	40	42	44	47	49	52	56					
	37	41	43	45	47	51	53	57						
	38	43	46	48	51	54								
	39	46	48	51	54									
	40	48	51	55										
	41	51	54											
	42	54												
	43	58												

Caution	Extreme Caution	Danger	Extreme Danger
Fatigue possible	Sunstroke, muscle cramps, and/or heat exhaustion possible	Sunstroke, muscle cramps, and/or heat exhaustion likely	Heat stroke or sunstroke likely

# LA CROSSE® TECHNOLOGY

TX141TH-BCH

