

## **PORT MACQUARIE CROQUET CLUB – INCLEMENT WEATHER POLICY**

### **Overall Policy**

The Club recognises that the sport of croquet is played all the year round and outdoors on courts with invariably little shade; players can therefore be subject to all weather extremes although heat and sun are the most obvious. Games normally extend for over 2 hours at a time and therefore the sport can be regarded as an endurance sport. In its present format, tournaments involve play throughout the day.

As such, the Club is very conscious of its responsibilities to protect the health of players and officials in managing and participating in the sport and will conduct all its activities accordingly. It will also make every effort to ensure that all participants are aware of potential health problems and take appropriate measures to protect themselves.

The Club does not consider it appropriate to use a specific temperature as a yardstick for abandoning or deferring play. Temperature alone is not necessarily a good measure of player comfort, as wind, smoke and humidity are also important factors. Further, people are affected differently by the heat.

### **Tournament Play**

If a player's health will be adversely affected by heat, that player has the right, without prejudice, to have their game(s) postponed to a time when the weather will not affect that player adversely. Providing the time frame and tournament schedule allows, the Tournament Manager is required to endeavour to schedule the unfinished game(s) for a time when heat is not a factor – late afternoon, evening, 6am next morning.

### **Social Play**

Morning draws may be conducted at earlier times during the height of the summer with a consequential earlier finishing time, or conduct "twilight" croquet.

### **Advice to Players and Officials**

Social and competitive croquet events over an hour in duration are classified as endurance events. In hot weather, the Club will make every effort to educate its members to observe nutrition guidelines for such events. Hydration involves drinking adequate liquids in the days leading up to a tournament and being aware that drinks like coffee, some soft drinks and alcohol dehydrate the system. It is acknowledged that prolonged activity depletes electrolytes that assist in rehydrating working muscles. Gatorade is considered the best sports drink to prevent this loss in conjunction with water. Sports nutritionists recommend that to maintain energy levels, nibbling complex carbohydrates throughout the day is preferable to eating lunch in one sitting. Good nutrition not only keeps the body in good condition, it

ensures clear decision making is maintained over long periods and at the end of games when crucial tactical decisions are taken.

In accordance with Croquet NSW Health & Safety policies, the Club will actively encourage the following Sun Smart policies; ensure special care where activities are scheduled during the middle of the day during summer, provide adequate shade adjacent to courts, and players and officials involved in croquet activities are encouraged to:

- ❖ Use shade wherever possible;
- ❖ Wear broad brimmed hats that meet Cancer Council recommendations;
- ❖ Wear appropriate long-sleeved shirts with tightly-woven lightweight fabric;
- ❖ Wear Cancer Council recommended sun glasses;
- ❖ Use a broad spectrum water resistant sunscreen;
- ❖ Officials, coaches and referees are encouraged to be role models

The Club will promote this material through regular newsletters and other notices.

#### Other Extreme Conditions

There are a number of other extreme conditions which warrant specific policies:

- ❖ The Club requires that play be suspended during thunderstorms and that all players and officials keep off the courts and surrounding areas. Lightning strikes are more likely where iron hoops in the ground could act as a conductor of electricity. Play should also be suspended if the courts are saturated to the point where water is visible on the surface. As croquet is a sport where strength is not seen as a factor in having an advantage, it is unfair to expect players to compete when conditions change that factor.
- ❖ In cold and/or wet and/or windy conditions it is important that players are made aware of potentially low ambient temperatures and dress accordingly.

*Accepted by the committee on 7<sup>th</sup> November 2014*