



EXTREME WEATHER GUIDELINES

Netball is a winter sport played from February to November. We can expect and do receive extreme variations in temperature and weather patterns throughout the year.

- **Training Days** – The Club will review the weather each Wednesday and will communicate approximately 1 hour prior to training via TeamApp if training is cancelled due to extreme heat +35°C, heavy rain, lightening and/or thunderstorms.
- **Games days** – C&DNA are responsible for advising when games are cancelled due to weather. They will communicate to the Club and in turn we will advise team via TeamApp.
- Please refer to the [C&DNA By-Laws for specific details](#).
- Please refer to [Netball Victoria's website](#) for more details

AIMS AND OBJECTIVES FOR CLUB TRAINING

The Club is committed to the safety and wellbeing of its members and club officials for training and games. This policy has been created based on the recommendations of C&DNA and Netball Victoria policies for junior netball in extreme weather conditions.

The C&DNA competition and training venues are outdoors. It is preferable not to cancel games or training due to inclement weather, but player safety always takes priority. Decisions on cancellation of games are made by C&DNA officials, based on a game-by-game process.

Players must arrive at the courts on time for all games and training unless otherwise notified.

GENERAL GUIDE - TRAINING

The Club is responsible for deciding whether to cancel **training** using this policy as a guide.

- The Club should only cancel training in weather conditions that would result in cancellation of a game in competition (as indicated in the wet weather and hot weather sections below).
- Teams need to practise in the wet, cold and warm, as they will be expected to play in these conditions on game day.
- The Club must always do an appropriate risk assessment (particularly of the court surface) and modify warm-ups, drills and drink breaks for the conditions.
- Take into account the skills and experience of your team.
- A decision on cancelling training will be made approximately 1 hour prior to the start of training based on the current weather forecast/rain radar on bom.gov.au

Wet Weather Conditions

- Training will be cancelled in the event of sustained heavy rain, hail and /or lightning, or if the courts are considered unsafe.
- Training will NOT be cancelled because it is cold, or in light rain (subject to an assessment of court conditions).
- In competition, 9&U and 11&U players may wear white long sleeve tops during games of extreme cold weather.

Hot Weather Conditions

- As outlined in the Netball Australia Junior Policy, training should be cancelled if the ambient temperature reaches 35c or above.
- If the temperature at the time of training has reached, or is near this point the Club will advise training to be cancelled or to be the choice of the coach depending on later training times, level of fitness, experience.

If training is undertaken during hot weather, frequent hydration is essential.