



## Inclement Weather Policy

### Monitoring and Decision Making

If inclement weather is forecasted, an individual will be designated to monitor the weather forecast prior to and throughout the competition. This will include monitoring weather warnings and impacted areas. Participants will be kept up to date through the appropriate channels via the Event Team. Considerations will be made not only for the conditions during the event but also for the safety of all involved in travelling to and from the event. Discussions will also take place with the host venue around the condition of the event areas, buildings and car parks to ensure the safety of all involved. A decision to cancel an event will be made as early as reasonably possible to mitigate any risk.

### Rain Policy

Decisions on event postponements or cancellations are made at the optimal time to give the best possible chance for the event to continue, however due consideration will be made on an event-by-event basis to the demographic of participants in matters of age, distance to travel and notice period required. Given the nature of Scotland's climate, weather can be very changeable with periods of wet weather often appearing when not forecast. If attending an outdoor event athletes and participants should be advised to prepare appropriately for worsening conditions.

### Winter Weather Policy

Players and athletes are more susceptible to injuries during cold weather, particularly from pulled or torn muscles. Players and athletes should be encouraged to wear appropriate clothing to aid body heat retention yet afford adequate movement without creating a safety hazard. Icy surfaces and snowy conditions will be assessed and responded to appropriately.

Often, athletes and participants with disabilities can be more vulnerable to the effects of cold weather. Therefore, it is important that risk assessments for each scenario at the event make due recognition to the impact on the participant demographics e.g. effects on participants with severe and complex physical disabilities who are wheelchair users can be more acute as they are often sitting still for longer periods with more limited range of movement in many cases. This can lead to the core temperature being naturally lower and taking longer to return to normal. This can be dangerous as circulation problems can develop into serious health concerns.

### Hot Weather Policy

The risk of heat-related illness from vigorous sports activity increases with the temperature. The body generates heat, which cannot be dissipated readily when the ambient temperature exceeds 85°F, depending upon the humidity. Hot weather is considered at any point where the heat index reaches or exceeds 90°F. As a general rule, training programmes should be reviewed if the heat index at the start of training is projected to be above 95°F. Event Managers and coaches should exercise caution and provide additional water breaks where appropriate.

### Thunder & Lightning Policy

If the facility being used for competition has a lightning detection system, and a facilities policy in place that is more stringent than described below, the facilities policy will supersede the Scottish Disability Sport policy. If lightning is detected within eight miles of the practice or competition facility, all coaches, players, referees, and spectators are to withdraw from the field and seek proper shelter. No place outside is safe near thunderstorms. The best shelter is a large, fully enclosed, substantially constructed building. A vehicle with a solid metal roof and metal sides is a reasonable second choice. SDS will enforce a 30-minute Rule: Wait at least 30 minutes after the last sound of thunder or the last lightning flash before giving the "all clear" signal and resuming normal activity. If thunder is heard or lightning is seen again within that 30-minute time frame, the event will continue to be postponed, or officials may deem to cancel the event.

