



CROQUET
AUSTRALIA

Adverse Weather Guidelines

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Croquet Australia (CA) strives to ensure that its members participate in the game of croquet in the safest environment possible and with minimum risk of harm. The safety of players and officials will remain the paramount consideration. This includes ensuring the following CA Weather Guidelines are applied to events, nationwide.

To help organisations, coaches and other individuals when conducting sport in adverse weather conditions, Croquet Australia has produced this revised set of guidelines. These new guidelines are based on the latest research as well as the expertise of Sports Medicine Australia’s (SMA) medical and scientific members.

These guidelines are not binding; however Croquet Australia reminds all parties that they must act responsibly. We encourage a common-sense approach and consideration of the comfort and well-being of all individuals including participants, officials and volunteers. There are many factors to be considered when Clubs, Associations and Leagues are contemplating modifying, postponing or cancelling games or training. Affiliates need to be aware of the difficulty of settling a “one size fits all” policy in this area. Instead, we encourage you to undertake appropriate risk management specific to your particular geographical circumstances. If adverse weather is predicted, we encourage you to communicate and plan your day in advance accordingly, so you know what to expect. Encourage members to start to hydrate in preparation and inform them that changes may be made (e.g. reduced quarters, extended breaks etc.)

Peak sports bodies in each State shall be able to provide further advice, assistance and support.

Victoria:	VicSport	South Australia:	SportSA
Tasmania	Active Tasmania	Queensland:	QSport
Western Australia	SportWest		
New South Wales and Australian Capital Territory: Sport NSW			

[Sports Medicine Australia SMA](#) is the leading source of information for injury and illness in sport and physical activity. They provide advice for sport organisations through training courses, workshops and events, fact sheets and guidelines.

The [Bureau of Meteorology](#) is Australia's national weather, climate and water agency. Its expertise and services assist Australians in dealing with the harsh realities of their natural environment, including drought, floods, fires, storms, tsunami and tropical cyclones. Through regular forecasts, warnings, monitoring and advice spanning the Australian region, the Bureau provides one of the most fundamental and widely used services of government.

All State bodies, clubs, associations, and leagues should monitor the Bureau of Meteorology forecast maximum and minimum temperatures on event days.

Sun Smart

The following guidelines have been adapted from information provided by the [Australian Institute of Sport](#) and the Cancer Council through their [SunSmart](#) website and should be read in conjunction with the [Croquet Australia SunSmart Guidelines](#)

Croquet is a sport played outdoors and is exposed to ultraviolet (UV) radiation. By adopting a few basic principles, your Association/League/Club can protect players, coaches, referees and spectators and provide a safe environment for all participants.

Clothing

Ensure that officials and participants are provided with or encouraged to wear sun smart clothing that covers as much skin as possible, including shirts/tops with longer sleeves and a collar, and long shorts or pants.

Sunscreen

SPF30 (or higher) broad-spectrum, water-resistant sunscreen is promoted and/or provided to participants, coaches, officials and spectators are encouraged to use it appropriately.

Sunscreen is applied at least 20 minutes before going outdoors, and is reapplied every 2 hours when outdoors, or after getting wet or perspiring.

Shade

Hold training sessions and competitions at venues that provide adequate shade.

Encourage participants, officials and spectators to use the shade available, and encourage people to bring their own umbrellas and shade tents.

Time of Day

Always consider sun protection when scheduling events. The most dangerous part of the day is between 11am and 3pm. Always try to schedule croquet matches outside of these hours.

Hydration

Drink plenty of water when playing croquet, as your body gets dehydrated quickly when out in the sun. Loss of fluids can exacerbate sun exposure effects and cause serious health problems if left untreated.

Sunglasses

Encourage officials, participants and spectators to wear close-fitting wrap-around sunglasses that cover as much of the eye area as possible and comply with Australian Standard AS1067 (Sunglasses: Category 2, 3 or 4)

For further information visit [SunSmart](#).

Smoke Pollution

The Australian Institute of Sport has developed a helpful tool that will assist coaches, support staff and players to better understand how smoke from fires can affect air quality and to allow for a more informed decision-making process when determining if it is safe to train or play sport.

The impact of smoke from fires can vary significantly based on an individual's current health and previous medical conditions as well as the current air pollution levels, so there is not a one size fits all approach. The guidelines provide recommendations based on the current air quality index (AQI), with suggested modifications to training schedules based on the severity of the air pollution.

For healthy individuals, the AIS recommends that if the AQI reading is above 150, outdoor training should be rescheduled indoors, and exposure minimised as much as possible. Asthmatics should not compete or train outdoors if the AQI is between 100 and 149.

The table located on the AIS website [here](#) provides a suggested risk strategy for both the general population, low-intensity exercise and endurance-based high-intensity exercise.

There are many factors that contribute to readings found on State and Territory websites, air-quality apps and handheld devices. The AQI numbers are a guide and should not be taken as absolutes. There is a need to use common sense in assessing the environment and utilising other factors such as visibility in making a decision about whether or not exercise is appropriate.

For more information about the Australian Institute of Sports position statement on smoke pollution and exercise click [here](#).

The AirSmart App is available from the [Google Play Store](#) or the [Apple Store](#)

Click here for the Bureau of Meteorology [Smoke and Air Quality Information](#)

Thunderstorm Asthma

Thunderstorm asthma can be very serious for people with asthma. The peak time for thunderstorm asthma is mainly spring but can extend to December during the grass pollen season. Local media may announce 'Thunderstorm Asthma Alerts' on days when there is a high risk. Associations may consider communicating to their participants when there is a forecast for Thunderstorm Asthma in the area and individuals should seek medical advice as required.

The AirSmart App is available from the [Google Play Store](#) or the [Apple Store](#)

For further information visit [Asthma Australia](#)

Wet Weather

The health and safety of members is a primary concern to Croquet Australia. Every Club, Association and League within Australia has a responsibility to provide a safe environment for players, coaches, referees and spectators, not only to reduce the potential of injury but also to meet legal duties of care. Clubs must take responsibility to develop guidelines for cancelling croquet if the courts become dangerous due to wet weather, as safety of members is paramount.

Who will be responsible for making the decision?

The Match Officials/controlling body is responsible for making decisions in relation to wet weather. This may be to postpone the game, move to another court/venue or cancel the match. The decision should be based on participant safety, determining whether the wet weather increases the risk of injury beyond an acceptable level. It is advisable to consult the officiating referees when making this decision.

When should a game/training be cancelled?

Match officials/controlling body should assess the court and its surrounds and reviewed in light of changes in the weather conditions. As each court may vary in surface condition, position, drainage etc. courts should be audited individually, and decisions made accordingly.

The age and skill level of players should also be considered. Children and older adults are susceptible to illness in hot and cold climates. Children and older adults also have a less developed perception of when they are hot or cold and therefore may continue to exercise when they should actually stop. Coaches should pay particular attention to these factors when children are subjected to wet conditions, as water will enhance the loss of body heat.

All State bodies, clubs, associations, and leagues should monitor the [Bureau of Meteorology](#) for wet weather forecasts.

Lightning

To assist organisations, coaches and other individuals when conducting sport in such conditions, this set of guidelines has been produced. These guidelines are not binding; however, Croquet Australia reminds all parties that they must act responsibly. We encourage a common-sense approach and consideration of the comfort and well-being of all individuals including participants, officials and volunteers.

There are many factors to be considered when Clubs, Associations and Leagues are contemplating modifying, postponing, or cancelling games or training. Affiliates need to be aware of the difficulty of settling a “one size fits all” policy in this area. Instead, we encourage you to undertake appropriate risk management specific to your geographical circumstances. If lightning is predicted, we encourage you to communicate and plan your day in advance accordingly, so you and your members know what to expect. Inform them that changes may be made.

Croquet Australia supports the ‘30/30’ rule which will be enacted for lightning safety and serves as a guide for activity cancellation and subsequent resumption.

30/30 LIGHTNING SAFETY GUIDELINE

Stop play if the time between seeing a lightning flash and hearing thunder is less than 30 seconds. Immediately seek safety under appropriate shelter.

Do not resume play until at least 30 minutes has passed since the last thunder was heard.

When should activities be stopped?

The '30/30' rule is not an absolute rule. A storm may move very quickly, or not generate any lightning or thunder until it is very close or topographical or wind conditions may prevent sound from travelling to your position. These conditions are especially common in hilly areas. It is important that match officials observe weather conditions and be alert to the possibility of the above occurring.

- If you see lightning
- If you hear thunder
- If the skies look threatening

Where should people go for safe shelter?

There is no place outside that is safe when a thunderstorm is in the area. Stop the activity and get to a safe place immediately. Substantial buildings with wiring and plumbing provide the greatest amount of protection. Once inside, stay away from windows and doors and anything that conducts electricity such as corded phones, wiring, plumbing, and anything connected to these.

Note that small outdoor buildings including dugouts, rain shelters, sheds, etc., are NOT SAFE.

When should activities be resumed?

Because electrical charges can linger in clouds after a thunderstorm has seemingly passed, it is recommended that people should wait at least 30 minutes after the last thunder before resuming outdoor activities. When the Controlling Body deems it safe to return to the court, play should resume.

What should be done if someone is struck by lightning?

Most victims can survive a lightning strike; however, they need immediate medical attention.

Call 000

Victims do not carry an electrical charge. In many cases, the victim's heart and/or breathing may have stopped. [CPR](#) or an Automated External Defibrillator (AUD) may be needed to revive them.

Ensure you are safety first and as soon as it is safe to do so, help the victim. Continue to monitor the victim until medical help arrives. If possible, move the victim to a safer place inside away from the threat of another lightning strike.

Reference: [Bureau of Meteorology](#), [First Aid Pro – Lightning Strikes](#).

Disclaimer

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