



VOLLEYBALL SOUTH AUSTRALIA

Extreme Weather Policy

Board Endorsed Date: 31 December 2022

Commencement Date: 9 January 2023

Policy review: July 2023

Overview

Volleyball South Australia (VSA) Extreme Weather Policy has been introduced to reduce the risk of weather-related injury to players, coaches, officials and employees/volunteers involved in VSA competitions, events or activities. The policy also contains a number of guidelines to assist in recognising and managing extreme weather conditions. This Policy is not intended to be a medical document.

1. **Lightning**
2. **Extreme Heat**
3. **Strong Wind**
4. **Wet Weather**

1. **Lightning**

VSA will adopt the [Volleyball Australia Lightning Policy](#) with the following decision-making framework.

VSA DECISION	AFFILIATE DECISION
VSA MANAGED COMPETITIONS/EVENTS/PROGRAMS	CLUB/AFFILIATE MANAGED COMPETITIONS/EVENTS/PROGRAMS (including Club run Social and Junior competitions)

If an affiliate club is cancelling or postponing a program/competition/event run under Volleyball South Australia's name, the club must document weather conditions at the time of cancellation/postponement.

2. **Extreme Heat**

VSA will adopt the [Sports Medicine Australia Extreme Heat Policy](#) the following supporting Heat Mitigation Protocols.

The Sports Medicine Australia Extreme Heat Policy outlines a classification system of sports in relation to their level of sport risk. VSA and VA acknowledge that the sport of volleyball is classified as level 3 however prefer to differentiate further by categorising activities as follows:

- Indoor volleyball - Level 3
- Beach volleyball - Level 4
- Junior volleyball – Level 5
- Social beach volleyball – Level 5
- Outdoor volleyball - Level 5.

In determining a procedural based hierarchy of heat mitigation protocols to align with SMA's Sport Risk Classification colour codes - Green, Yellow, Orange, and Red, VSA will implement the following at its events.

Indoor Volleyball – Level 3

1. GREEN (Hydrate / modify clothing)
 - a. No further action
2. YELLOW (Rest breaks)
 - a. Increase the duration of a time out from 30sec to 45/60 seconds.
 - b. Enforce a technical time out at 16 points.
3. ORANGE (Active cooling)
 - a. 5-minute hydration break at 16 points, instead of technical time out.
4. RED (Stop exercising)
 - a. Matches are ceased and according to the rules of the game are either continued when cooler or are rescheduled.

Beach Volleyball – Level 4

5. General procedures in the event of forecasted heat:
 - a. Match scheduling to utilise cooler parts of the day. Earlier starts, add breaks during the hottest part of the day and a provision for night matches.
 - b. Ice and water available at player benches
 - c. Match format for reduced points E.g. 18, 18 and 12 points, for sets 1, 2 and 3 respectively
6. GREEN (Hydrate / modify clothing)
 - a. No further action
7. YELLOW (Rest breaks)
 - a. At change of ends athletes to access water bottles and store at end of court
 - b. Technical time out at every 14 points
8. ORANGE (Active Cooling)
 - a. Water the sand
 - b. Technical time out at every 7 points
 - c. 5-minute hydration / shade break
9. RED (Stop exercising)
 - a. Matches are ceased and according to the rules of the game are either continued when cooler or are rescheduled.

Junior and Social Beach and Outdoor Volleyball will follow the Level 5 Sport Risk Classification

10. GREEN (Hydrate / modify clothing)
 - a. No further action
11. YELLOW (Rest breaks)
 - a. Participants allowed 1 water break per set per team for up to 2 minutes
12. ORANGE & RED
 - a. Cancellation of competitions and events

If an affiliate club is cancelling or postponing a program/competition/event run under VSA's name, the club must document weather conditions at time of cancellation/postponement and communicate this to VSA (an email to the Volleyball South Australia representative with the weather conditions, including any screen shots of weather channels is sufficient).

3. Strong Wind

Winds exceeding 35 knots (65 km p/h) at outdoor competitions require the suspension or cancelation of the event or competition. Additionally, other factors affecting safety such as dust or accompanied wet weather should be taken into consideration.

Where winds are under 35 knots however are deemed damaging or dangerous, the manager (event or competition) present at the event location shall make the decision on cancelling or continuing the event.

4. Wet Weather

The wet weather clause does not apply to indoor Volleyball Events.

Outdoor volleyball will continue as usual in all but extreme wet weather. Extreme wet weather is defined as blinding rain or hail. Should these weather conditions be experienced, the venue manager will call a temporary halt to play and restart the games (from the same score-line) when it is safe to do so. If it is not safe to restart, the game will be ceased, and determination of result will be based on competition regulations.