

# SOUTH COAST CYCLING

## HOT /EXTREME WEATHER POLICY

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### SCC HOT WEATHER POLICY – TRACK

We have found in the past that by modifying, slowing down events and having plenty of water available, that due to the very short duration of the events, a few minutes maximum, and with plenty of rest under the shade of the trees, that the riders are ok.

We are fortunate at Edwardstown that there is usually a breeze if not a wind gets up just after we start.

We are always mindful of the riders and official's wellbeing, as most of the committee members are, long standing officials involved in cycling events at all levels from our club events to UCI.

Our events are for fun and enjoyment; we don't race for sheep station, so there is no pressure on any rider to start an event unless they feel they want to.

At the end of the day, our race director and or Chief Commissaire would stop the event if they deemed it necessary.

### HOT WEATHER POLICY

This Policy specifically applies to ROAD RACES and ROAD CRITERIUM RACES. This Policy does not apply to TRACK RACES.

- Racing will be cancelled or postponed on any race day, where the Bureau of Meteorology forecasts the Adelaide temperature to be 37 Celsius or higher in the 4:00pm forecast issued the day before, **unless it is clearly stated otherwise on the event information**. The 4:00pm forecast may be found at [www.bom.gov.au/weather/sa/](http://www.bom.gov.au/weather/sa/)
- Racing may be modified, by the Chief Commissaire, on any race day, where the Bureau of Meteorology forecast the temperature to be between 32 and 37 Celsius in the 4:00pm Adelaide forecast issued the day before. The host club should supply access to water, shade & sun screen.
- Racing will continue as normal on any race day where the Bureau of Meteorology forecast the temperature to be less than 32 Celsius in the 4:00pm Adelaide metropolitan forecast issued the day before. The Chief Commissaire may however modify the racing to minimise the chances of a rider, official or volunteer suffering heat stress.
- It is the riders' responsibility to ensure that they use sunscreen, shade where available and drink and carry plenty of water for the event they are competing in.

It is highly recommended that a club or promoter who elects to not apply this Policy to their event(s) conduct their own event heat risk assessment and/or adopt their own policy, using information from the Sports Medicine Australia guidelines obtainable from [www.sma.org.au](http://www.sma.org.au)

Clubs or promoters of Track Racing should also consider the Sports Medicine Australia advice regarding exercising in hot weather, particularly regarding the duration and timing of events.