



# SOLANDER LAKE BOWLS CLUB - EXTREME WEATHER GUIDELINES

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## 1. INTRODUCTION

Solander Lake Bowls Club has a responsibility to ensure that our bowlers have an awareness of the potential dangers of physical activity in the heat and during periods of extreme weather conditions including lightning during storms.

These guidelines have been developed by reference to current guidelines in force for Bowls Australia and Bowls Queensland, as well as reference to other sporting bodies.

**It needs to be noted that these are purely guidelines.**

While the Club has responsibility to ensure member awareness, bowlers also have a level of **personal responsibility**, as you are the only one who fully knows your level of fitness, medications etc.

## 2. HEAT

Guidelines for days where high temperatures are experienced are:

- I. When the temperature reaches **35 °**, the Controlling Body will call for a compulsory 5 minute break every 30 minutes.
- II. When the temperature reaches **38 °**, play will be suspended but continually monitored. Play will resume only if the temperature falls below **38 °**.

There are other factors which also impact on the level at which player comfort and wellbeing becomes of concern. Humidity, cloud cover and the presence of a breeze are examples.

Common sense and practicality need to be applied by the Controlling Body when coming to any decision. Players should be encouraged to drink plenty of water and use shade whenever possible.

***If at any time you feel uncomfortable in continuing, LEAVE THE GREEN AND SEEK SHADE.***

**NOTE** The **Controlling Body** refers to the selector/s on duty together with any Committee Member present.

For days when an outside entity is the Controlling Body, for example Pennant and Gr8, The Conditions of Play for that event will take precedence.

## 3. LIGHTNING

The presence of lightning is always of concern to those outdoors. Recognising that the lightning is close or far away is helpful in establishing guidelines. That is why many outdoor sporting bodies in Australia and overseas use the **30/30 Lightning Rule**. **This will be used as a guide** at Solander Lake Bowls Club.

This rule states that if the time between the lightning flash and the thunder sound is less than 30 SECONDS then play should be suspended, and not resumed until 30 MINUTES after the last thunder sound is heard within 30 seconds of a lightning flash. (**30 seconds relates to 10 Kilometres away**).

## 4. ANNOUNCEMENTS PRIOR TO PLAY

A standard script has been developed and should be announced by the selector/s before play on all days during periods of high temperatures. It is kept in the Selectors office.