



Dandenong District Cricket Association

Extreme Heat & Lightning Policy

Purpose

The Dandenong District Cricket Association (DDCA) recognises the need to manage the welfare of its players and officials during periods of extreme heat and periods exposed to the presence of lightning. This policy establishes a regime of controls and guidelines aimed at mitigating the risks of sports activity in hot weather and in periods exposed to local lightning events.

Management

The DDCA Weather Sub-Committee (WSC) is the controlling body to manage this policy during the active season and will communicate to clubs and Umpires Extreme Heat and or Lightning related actions and decisions through this procedure.

Scope

The application of this policy is divided into three major parts

Extreme Heat Procedure

This procedure defines temperatures and playing conditions for Senior and Junior Cricket

Extreme Heat Guidelines & Advice

This outlines the definition of Heat Illness, consequences and symptoms for both Adults and Juniors

Lightning Safety Guidelines

Defines the guidelines to be adopted by all match leaders with the potential of electrical storms and the presence of lightning. Defines safe and unsafe areas.

Appendix A: DDCA Turf and Synthetic Grounds – Bureau of Meteorology (BOM) Observation Stations

Appendix B: BOM Temperature Observations Guide

Appendix C: Flowchart – Extreme Heat Procedure (Seniors)

Appendix D: Flowchart – Extreme Heat Procedure (Juniors)

Update

Version 6 update refers to trigger times for Juniors (page 5) and update of URL reference for BOM detailed forecast. Age group reference for under 11 moved to under 10

<>



Dandenong District Cricket Association Extreme Heat & Lightning Policy

Extreme Heat Procedure

DDCA Senior Cricket

Note: The DDCA Weather Sub Committee (WSC) may at its discretion issue a match day cancellation of ALL senior games if required. All decisions will be posted on the DDCA website and on the DDCA Official Facebook site.

A. If forecast temperature is 40 degrees Celsius or more

1. If at 7:30am of the morning of a scheduled match day, the Bureau of Meteorology Melbourne forecast temperature is 40 degrees Celsius or more the DDCA WSC may, at its discretion, cancel all scheduled play for the day.
2. If play is not cancelled by the DDCA WSC, all turf and synthetic teams and umpires are to attend the grounds where play will take place with the following trigger points:

- a. All turf and T20 matches have a trigger point of 40 degrees
- b. All synthetic grades have a trigger point of 38 degrees

Play shall cease immediately when the temperature reaches or exceeds the relative trigger point and will not resume.

3. The Umpires and the host club will ensure all requirements detailed under extreme heat conditions of play (Section **B**) are provisioned and followed;



Dandenong District Cricket Association Extreme Heat & Lightning Policy

B. Extreme Heat Conditions of Play

1. Play shall not commence or will cease immediately when the observed temperature reaches 40 degrees Celsius for turf matches or 38 degrees Celsius for synthetic games and will not resume;
2. Clubs may apply to the DDCA Match Committee to start the match at an earlier time on the agreement of both Clubs. If Clubs cannot agree on an earlier start time, then the scheduled start time will be observed;
3. Umpires are to manage the temperature observation process (see Section D);
4. If, for any reason, no Umpires are in attendance the host Club will allocate the temperature observation process to an attending Club Official in consultation with both Captains;
5. Cold towels, Ice, easy access to shade, cold fresh water and sunscreen will be made available to both teams and officials at all times during the day;
6. Any player may take a drink break at the end of any over;
7. Official drink breaks are to be taken every 30 minutes;
8. Medium or Fast Bowlers under 18 years of age are restricted to bowling spells of 6 overs with a minimum of an hour's break between spells;
9. Clubs should avoid having Players under 14 years of age on the field if possible;
10. Normal loss of time rules apply in case of any lost time due to extreme heat;
11. Temperature observation procedure is detailed in Section D of this policy and in the Appendices;



Dandenong District Cricket Association Extreme Heat & Lightning Policy

C. Extreme Heat Conditions of Play – Temperature Observation Process

1. Before start of play, the Umpire(s), or host Club Official, will establish the current reference temperature by going to the Bureau of Meteorology (BOM) website, and reading the ground's primary weather observation site. The two BOM weather station observations to be referenced are:
 - Moorabbin Airport
 - Scoresby
2. Each Ground will have been allocated a primary choice of BOM weather station from one of these two BOM weather observation stations from which their ground's temperature is established (*See Appendix A*);
3. If the Primary station is not readable, the secondary station reading should be taken;
4. Every 30 minutes (at a scheduled drinks break), the Umpire(s) or the host club official will check the weather observations and communicate the temperature to the Captains;
5. If the referenced temperature observation reaches 40 degrees Celsius for turf matches or 38 degrees for synthetic games, play will cease immediately as per section A and will not resume.
6. contact the DDCA Match Committee Chairman (or if unavailable the DDCA Secretary) to obtain the current temperature advice, or go onto the DDCA Website or Official DDCA Facebook page.
7. *See Appendices for DDCA Ground's Weather Station Information*



Dandenong District Cricket Association Extreme Heat & Lightning Policy

DDCA Junior Cricket

Note: The DDCA Weather Sub Committee (WSC) may, at its discretion, issue a match day cancellation of ALL Junior games if required. The DDCA WSC will post an extreme weather decision for Junior Cricket on the DDCA website and the DDCA Official Facebook site.

A. If forecast temperature is 35 degrees Celsius or more

1. For day matches, If by 7:00 am , the Bureau of Meteorology Melbourne **Detailed** forecast temperature for 11:00 am is **35** degrees Celsius or more, the DDCA WSC will direct and communicate that all scheduled Junior Matches shall be cancelled for the day;
The reference site for the Melbourne **Detailed** Forecast temperature is -
<http://www.bom.gov.au/places/vic/melbourne/forecast/detailed/>
2. For evening matches, if by 12:00pm the Bureau of Meteorology Melbourne Detailed forecast temperature for 5:00 pm is **35** degrees Celsius or more, the DDCA WSC will direct and communicate that all scheduled Junior Matches shall be cancelled.

B. If forecast temperature is 32 degrees Celsius or more (but less than 35°C)

1. For day matches, all players will report to the ground and commence play. However, if the temperature reaches 35 degrees Celsius, all play shall cease immediately and will not resume for the day.
2. For evening matches, if by 12:00pm the Bureau of Meteorology Melbourne Detailed forecast temperature for 5:00 pm is 32 degrees Celsius or more, the DDCA WSC will direct and communicate that all Under 10 matches shall be cancelled.
3. The DDCA WSC will monitor conditions and may elect to issue a general Junior Cricket cancellation due to extreme heat;

<>



Dandenong District Cricket Association

Extreme Heat & Lightning Policy

Extreme Heat Guidelines & Advice

Heat Illness

Heat illness can occur when a participant exercises vigorously in hot conditions. It may also occur with prolonged exposure to hot weather, even if activity is low intensity. In cool weather, heat illness can also present when exercising at high intensity.

Heat illness in sport presents as heat exhaustion (more common) or heat stroke (rare but life threatening). Symptoms may include light-headedness, dizziness, nausea, obvious fatigue or loss of skill and coordination, unsteadiness, cessation of sweating, confusion, aggressive or irrational behaviour, collapse or ashen grey pale skin. Responses to heat vary; it is not possible to provide overall recommendations about limiting conditions in hot weather. However, heat illness can be prevented by knowing the risk factors and applying prevention strategies to minimize risk. Factors that increase the risk of heat illness include:

1. high exercise intensity (e.g. exercising close to your personal capacity)
2. lack of fitness (e.g. exercising at an intensity or duration beyond your current capacity)
3. previous history of heat illness or heat intolerance
4. junior and veteran participants are at higher risk due to their age
5. illness and medical conditions (e.g. current or recent infectious illness or chronic health disorders at any age)
6. high air temperature and high humidity
7. low air flow or movement (no wind)
8. prolonged exposure to hot conditions, heavy clothing and protective clothing (e.g. padding)
9. lack of acclimatisation to being active in warm and humid conditions
10. dehydration (inadequate water intake before exercise and during activity longer than 60 minutes)
11. radiant heat from surfaces such as black asphalt, concrete or black rubberised synthetic surfaces can intensify hot conditions.



Dandenong District Cricket Association Extreme Heat & Lightning Policy

Children and Heat Stress

Children sweat less and get less evaporative cooling than adults. In warm and hot weather, they have greater difficulty getting rid of heat; they look flushed, and feel hotter and more stressed than adults. Overweight children are particularly disadvantaged exercising in warm weather. Children seem to be effective at “listening to their bodies” and regulating their physical activity.

For this reason, children should always be allowed to exercise at their preferred intensity. They should never be urged to exercise harder or compelled to play strenuous sport in warm weather. If children appear distressed or complain of feeling unwell, they should stop exercising.

In warm weather wet sponging will make children feel more comfortable. Drinks should always be provided for children playing sport in any conditions.

<>



Dandenong District Cricket Association Extreme Heat & Lightning Policy

Lightning Safety

Note: *Electrical Storms and the presence of lightning is difficult to predict and can be localised in nature. The following guideline is to assist match leaders (Umpires, captains, junior coaches) to make a duty of care decision when faced with weather conditions causing lightning within proximity of active cricket matches. These guidelines were based on current guidelines issued by the NSW Sports and Recreation Department (2007).*

1. If Match Leaders are aware of lightning strikes in the area, the use of the 30/30 Rule is advised as one approach to ascertain lightning risk apart from obvious visual observation;
2. 30/30 Rule: The first part of the 30/30 rule is determined by counting the seconds from when the lightning flash was seen to when the thunder is heard. Sound travels at about 1 kilometre every 3 seconds, so a 30 second interval means the storm is 10km away. As soon as the observed interval is less than 30 seconds Match leaders are advised to suspend play and all players and officials to leave the ground and move to SAFE areas. By monitoring the interval match leaders can judge when the storm has safely moved away from the area (i.e. interval is 30 seconds or more)
3. SAFER AREAS DURING A LIGHTNING EVENT
 - Enclosed vehicles with windows closed (car, bus, tractor with cab)
 - Do not touch metal parts
 - Substantial enclosed buildings
 - Low ground, sheltering in clumps of low bushes
 - Trees of uniform height i.e. forest.
4. UNSAFE AREAS include:
 - High ground
 - Open ground
 - Water
 - Isolated or tall trees
 - Near outdoor metal structures such as fences, gates, poles, seating, ropes courses
 - Insubstantial structures such as picnic sheds and shade shelters
 - Machinery such as mowers or unenclosed tractors
5. FIRST AID: Victims of lightning strikes are safe to handle - they do not “retain charge”. First aiders must ensure they do not become another casualty - move the victim to a safer location. Effects of lightning strike include cardiac and respiratory arrest caused by disruption of the brains’ control centres. CPR or EAR should be given as required. It is important that even people who show no symptoms immediately after the strike receive medical attention as some effects may not be immediately obvious.

<>



Dandenong District Cricket Association Extreme Heat & Lightning Policy

APPENDIX A: DDCA Turf Grounds – Bureau of Meteorology (BOM) Observation Stations

DDCA TURF GROUNDS	BOM Weather Stations	
	Scoresby BOM Station	Moorabbin Airport
Alex Nelson Reserve	Yellow	Green
Arch Brown Reserve	Green	Yellow
Barry Powell Reserve	Green	Yellow
Berwick Springs Park	Green	Yellow
Booth Reserve	Yellow	Green
Carroll Reserve	Green	Yellow
Casey Fields	Yellow	Green
Coomoora Reserve	Yellow	Green
Fotheringham Reserve	Yellow	Green
Greaves Reserve	Yellow	Green
Hallam Recreation Reserve	Green	Yellow
Keysborough (Rowley Allen) Reserve	Yellow	Green
Lois Twohig Reserve	Green	Yellow
Marriott Waters Reserve	Yellow	Green
Max Pawsey Reserve	Green	Yellow
Narre Warren North Reserve	Green	Yellow
Pargeter Reserves	Green	Yellow
Park Oval	Green	Yellow
Parkfield Reserve	Yellow	Green
Pat Wright Snr Oval	Yellow	Green
Perc Allison Oval	Green	Yellow
Power Reserve	Green	Yellow
Reedy Reserve	Yellow	Green
Robinson Reserve	Green	Yellow
Shepley Oval	Green	Yellow
Souter Oval	Yellow	Green
Springvale Reserve	Yellow	Green
Strathaird Reserve	Yellow	Green
Sweeney Reserve	Green	Yellow
Wachter Reserve	Yellow	Green
Legend		
	Primary BOM Station for Temp. Observation	
	Secondary BOM Station for Temp. Observation	



Dandenong District Cricket Association Extreme Heat & Lightning Policy

APPENDIX A: DDCA Synthetic Grounds – Bureau of Meteorology (BOM) Observation Stations

DDCA SYNTHETIC GROUNDS	BOM Weather Stations	
	Scoresby BOM Station	Moorabbin Airport
Barry Powell Reserve	Green	Yellow
Berwick Primary School	Green	Yellow
Berwick Springs Park	Green	Yellow
Cairns Road Reserve	Yellow	Green
Cam Reserves	Yellow	Green
Charles Green Reserve	Green	Yellow
Carroll Reserve	Green	Yellow
Coomoora Reserve	Yellow	Green
Edinburgh Reserve	Green	Yellow
Edwin Flack Reserve	Green	Yellow
Greaves Reserves	Yellow	Green
Grices Road Reserve	Yellow	Green
Holm Park Road Reserves	Green	Yellow
Kalora Park	Green	Yellow
Keysborough Colleges	Yellow	Green
Lois Twohig Reserve	Green	Yellow
Lynbrook Oval (Banjo Paterson)	Yellow	Green
Marriott Waters Reserve	Yellow	Green
Max Pawsey Reserve	Green	Yellow
Narre Warren North Reserve	Green	Yellow
Pargetter Reserves	Green	Yellow
Reedy Reserves	Yellow	Green
Reid Oval	Green	Yellow
Ross Reserve	Yellow	Green
Singleton Reserve	Green	Yellow
St Johns Regional College	Green	Yellow
Strathaird Reserve	Yellow	Green
Sweeney Reserves	Green	Yellow
Tatterson Park Reserves	Yellow	Green
Timbara Primary School	Green	Yellow
Turner Reserve	Green	Yellow
Wachter Reserve	Yellow	Green
Legend		
	Primary BOM Station for Temp. Observation	
	Secondary BOM Station for Temp. Observation	



Dandenong District Cricket Association Extreme Heat & Lightning Policy

APPENDIX B: Bureau of Meteorology (BOM) Observation Guide

Instructions:

Go to the Melbourne Weather Observations Page on the Bureau of Meteorology (BOM) website and then view the current temperature for your ground's primary (or secondary) Weather Station (Cranbourne, Scoresby or Moorabbin Airport). Readings are updated every 10 minutes

Web Address: <http://www.bom.gov.au/vic/observations/Melbourne>

IMPORTANT: IF THE BOM WEBSITE IS NOT AVAILABLE, PLEASE CONTACT THE DDCA MATCH COMMITTEE CHAIRMAN OR DDCA SECRETARY, OR LOOK ON DDCA WEBSITE OR THE OFFICIAL DDCA FACEBOOK SITE FOR CURRENT EXTREME HEAT ADVICE.



[Bureau Home](#) > [Australia](#) > [Victoria](#) > [Observations](#) > Latest Weather Observations for the Melbourne Area

Latest Weather Observations for the Melbourne Area

[About weather observations](#) | [Map of Melbourne area stations](#) | [All VIC observations](#) | [Latest VIC observations](#) | [Latest Coastal VIC observations](#)

IDV60900

Issued at 12:11 pm EST Thursday 7 July 2016 (issued every 10 minutes, with the page automatically refreshed every 5 minutes)

Where no observation is available within the last 75 minutes, the latest observation is shown in *italics and coloured* and removed from the table after 30 hours. Station names link to data for the previous 72 hours.

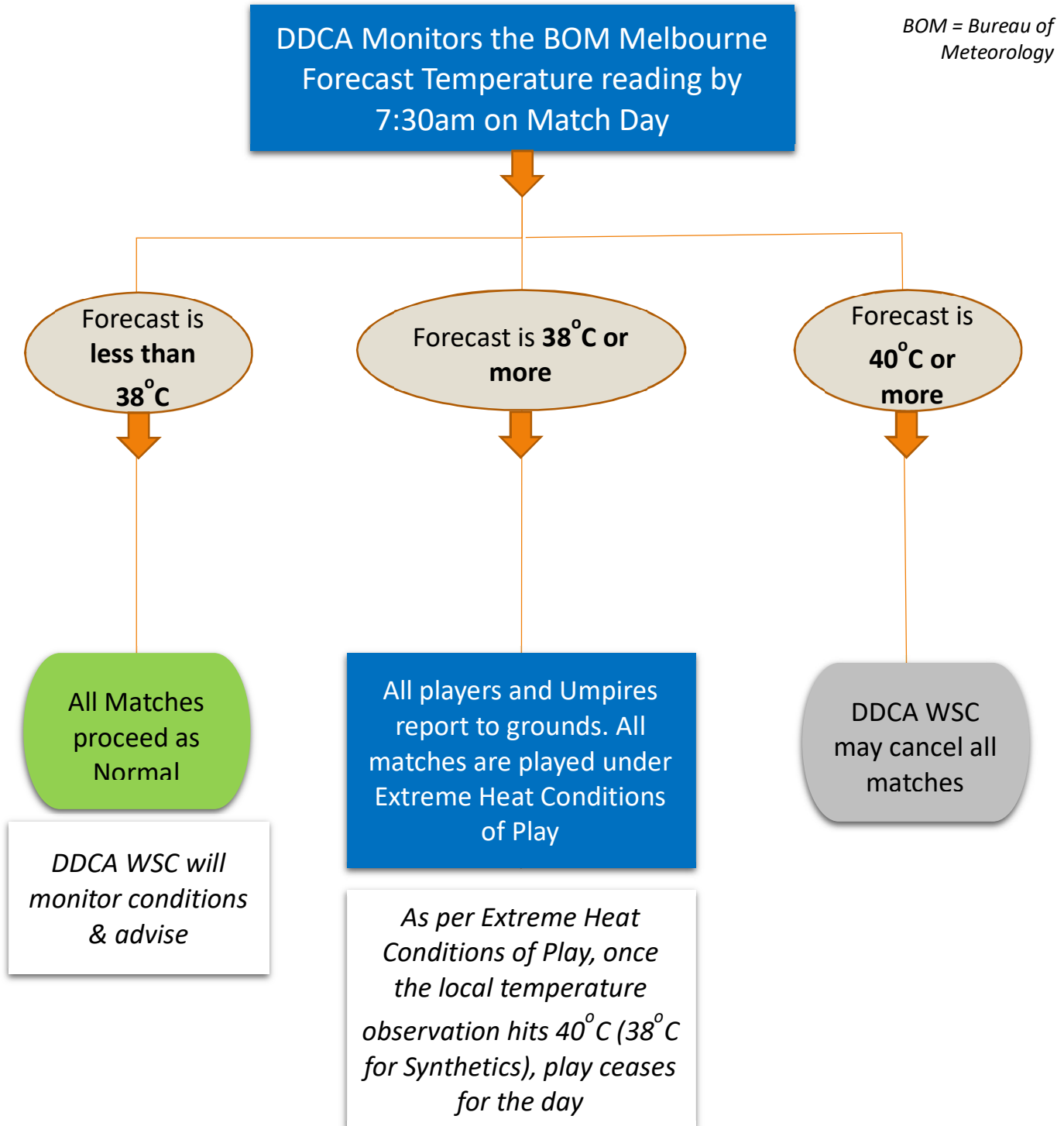
MELBOURNE AREA

	Date/Time EST	Temp °C	App Temp °C	Dew Point °C	Rel Hum %	Delta-T °C	Wind					Press hPa	Rain since 9am mm	Low Temp °C time	High Temp °C time	Highest Wind Gust			
							Dir	Spd km/h	Gust km/h	Spd kts	Gust kts					Dir	km/h time	kts time	
Melbourne (Olympic Park)	07/12:10pm	12.1	10.6	10.7	91	0.7	SE	9	11	5	6	1023.5	0.8	10.5 05:28am	12.2 12:09pm	S	20 12:57am	11 12:57am	
Melbourne Airport	07/12:10pm	11.3	8.4	9.7	90	0.8	SSE	15	17	8	9	1022.6	0.6	9.7 08:51am	11.3 12:10pm	S	30 01:40am	16 01:40am	
Avalon	07/12:10pm	11.1	9.7	10.9	99	0.1	ESE	9	11	5	6	1023.3	1.2	10.0 07:52am	11.6 10:41am	SE	24 10:15am	13 10:15am	
Bundoora	07/09:00am	10.1	9.0	9.9	99	0.1	S	6	-	3	-	-	5.0	-	-	-	-	-	-
Cerberus	07/12:10pm	12.1	9.8	8.9	81	1.6	SE	11	20	6	11	-	0.0	10.6 08:09am	12.2 12:10pm	SE	22 11:40am	12 11:40am	
Coldstream	07/12:10pm	12.7	9.4	9.7	82	1.5	SSE	17	20	9	11	1022.0	0.0	10.2 12:37am	12.8 12:04pm	S	24 11:12am	13 11:12am	
Cranbourne	07/09:00am	10.0	8.8	9.6	97	0.2	SSE	6	-	3	-	-	9.0	-	-	-	-	-	-
Essendon Airport	07/12:10pm	11.8	9.1	11.6	99	0.1	SSE	17	20	9	11	1022.2	0.2	10.0 04:39am	12.0 12:10pm	S	30 01:19am	16 01:19am	
Fawkner Beacon	07/12:10pm	-	-	-	-	-	E	15	17	8	9	-	-	-	-	SE	35 10:08am	19 10:08am	
Ferry Creek	07/12:10pm	8.2	4.9	8.0	99	0.1	ESE	15	22	8	12	-	0.2	7.1 03:04am	8.4 11:16am	ENE	39 11:28am	21 11:28am	
Frankston	07/12:10pm	11.4	9.2	9.4	87	1.0	SE	11	15	6	8	-	-	10.6 08:48am	11.4 12:10pm	SSE	26 11:23am	14 11:23am	
Geelong Racecourse	07/12:10pm	12.4	11.7	11.3	93	0.6	SE	6	9	3	5	-	0.2	10.6 08:36pm	12.7 11:58am	SE	20 10:14am	11 10:14am	
Laverton	07/12:10pm	11.3	9.4	10.5	95	0.4	SE	11	13	6	7	1023.1	1.0	10.4 08:55am	11.4 12:05pm	SE	24 11:25am	13 11:25am	
Moorabbin Airport	07/12:10pm	11.9	9.3	10.6	92	0.7	ESE	15	17	8	9	1022.9	0.8	10.3 03:43am	11.9 12:10pm	SE	28 11:50am	15 11:50am	
Phillip Island	07/09:00am	12.2	7.9	10.9	92	0.7	SE	24	-	13	-	-	0.9	-	-	-	-	-	-
Point Wilson	07/12:10pm	-	-	-	-	-	SE	17	19	9	10	-	-	-	-	SE	35 10:48am	19 10:48am	
Rhyll	07/12:10pm	12.0	6.4	10.0	87	1.0	ESE	30	32	16	17	-	0.0	10.9 07:56am	12.1 12:09pm	ESE	33 12:00pm	18 12:00pm	
Scoresby	07/12:10pm	12.1	10.7	9.6	85	1.3	ESE	7	9	4	5	-	0.4	9.8 08:59am	12.2 12:09pm	S	20 09:38am	11 09:38am	
Sheoaks	07/12:10pm	9.7	7.1	9.4	98	0.2	ESE	13	15	7	8	-	1.4	8.6 03:40am	10.0 11:47am	SE	20 10:08am	11 10:08am	
South Channel Island	07/12:10pm	-	-	-	-	-	SE	32	35	17	19	-	-	-	-	SE	37 12:08pm	20 12:08pm	
St Kilda Harbour RMYS	07/12:10pm	-	-	-	-	-	SE	11	13	6	7	-	-	-	-	SSE	32 03:19am	17 03:19am	
Viewbank	07/12:10pm	12.5	11.6	11.4	93	0.6	ESE	7	9	4	5	1022.3	0.0	9.9 07:34am	12.7 12:10pm	SSW	22 08:31am	12 08:31am	



Dandenong District Cricket Association Extreme Heat & Lightning Policy

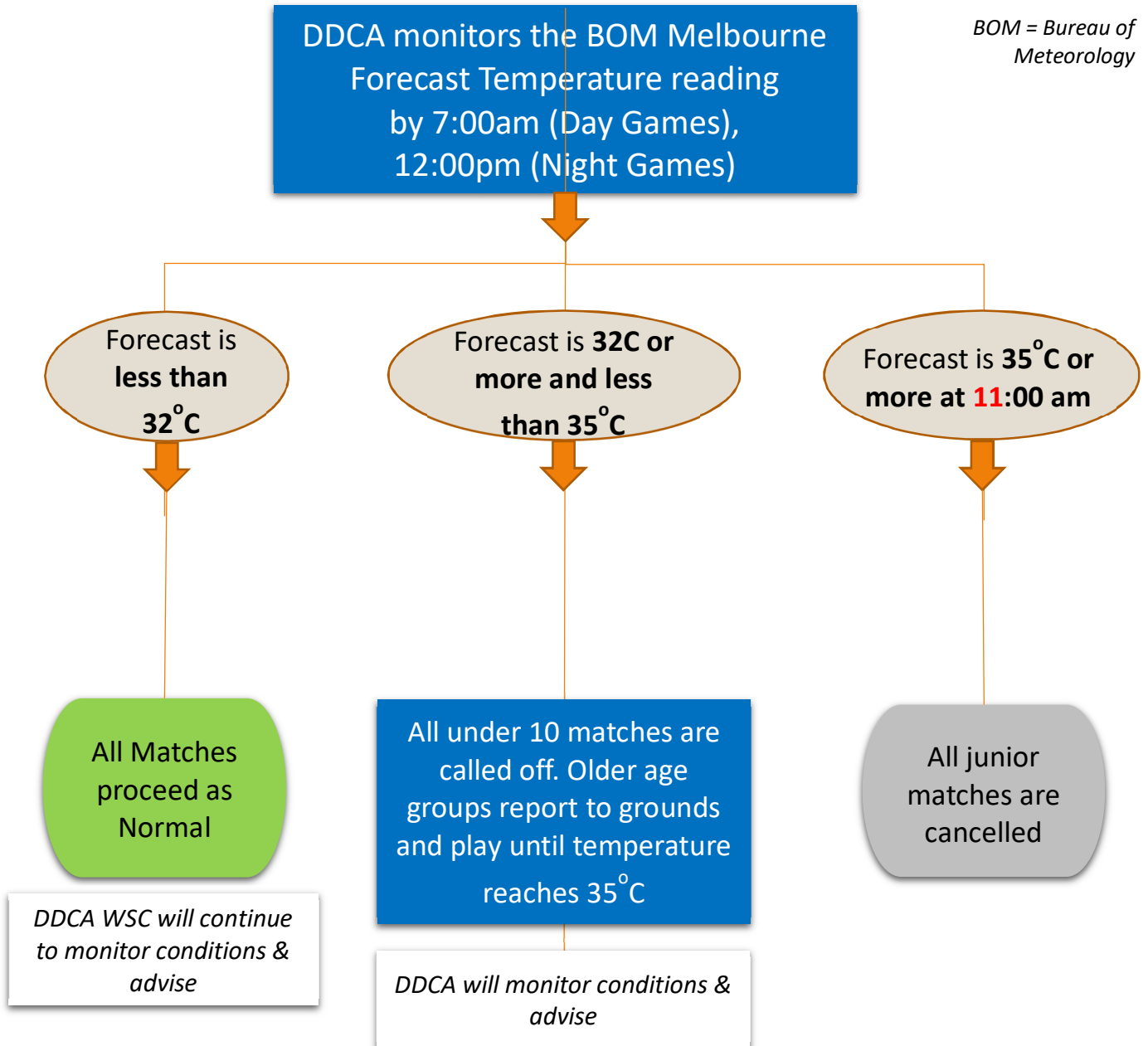
APPENDIX C: Flowchart – Extreme Heat Procedure (seniors)





Dandenong District Cricket Association Extreme Heat & Lightning Policy

APPENDIX D: Flowchart – Extreme Heat Procedure (juniors)





Dandenong District Cricket Association Extreme Heat & Lightning Policy

Notes:

Version 5

This revision covers the changes to temperature trigger points as proposed at the Annual Rules and Affiliation meeting of August 2019.

It also defines the necessary action and changes to the process to be adopted on match day.

An additional BOM reference chart for Synthetic grounds has been included to Appendix A as these grounds are also affected by this policy

Version 6

This revision provides updates to the trigger times for the Juniors, refer top page 5. This is to line up with the detailed forecast times used by the BOM.

Reference websites address (URL) have also been updated to reflect the current access to the BOM

Age groups. Under 11 reference changed to Under 10 age to line up with the recently adopted even age groups in the DDCA. Other age groups are not specifically mentioned and as such do not require any update.