



## EXTREME WEATHER POLICY

The purpose of this policy is to keep all participants, coaches, volunteers, parents, carers, support workers and spectators, safe during extreme weather.

### General Principles

- **Safety comes first** – activities may be modified, paused, or cancelled when conditions are unsafe.
- **Decisions** will take into account the needs and circumstances of everyone involved. Extra consideration will be given to individuals who are vulnerable, including those with additional needs, medical conditions, mobility challenges, or sensory sensitivities
- **Communication** will be timely, accessible, and shared via email, text and social channels where possible.

### Cold / Snow Conditions

- Activities are cancelled or moved inside where possible if the surface is frozen, icy, or visibility is poor.
- If the journey and entrance to the venue is deemed potentially unsafe then all of the sessions indoors and outdoors will be cancelled.
- If an outdoor session goes ahead in the cold weather, it will be assessed to ensure it is safe. If so, participants should wear layered, weather-appropriate clothing and footwear. It is likely the session time will be reduced.
- Warm-up breaks will be increased; hot drinks and indoor shelter provided where possible.
- No outdoor session will take place if the temperature or wind chill is below 0°C or if ice remains on playing areas or pathways. The situation will be assessed in advance of the session.

## Hot Weather Conditions

- Sessions may be shortened, slowed, or moved to shaded/indoor spaces.
- Mandatory hydration breaks at least every 10 minutes. Water provided and participants asked to bring their own identifiable water in addition.
- Participants encouraged to wear light clothing, hats, and sunscreen.
- Cancel activities if:
  - Heat index is “extreme caution” or higher (generally  $\geq 27^{\circ}\text{C}$ ), or
  - Stop immediately if anyone shows signs of heat stress (dizziness, headache, nausea, confusion).

## Astro Turf (All Weather Surface)

**3G/astro-turf surfaces can become significantly hotter than the air temperature and may reach levels that risk burns and heat-related illness. The surface will be checked before each session.**

- Play is suspended if the surface is frozen, excessively hot, or waterlogged.
- Appropriate footwear only (no metal studs).
- Inspect for loose infill, seams lifting, or slippery areas before each session.
- Extra caution for players using mobility aids or wheelchairs.

## Thunderstorms, 3G Surfaces & Travel

### Thunderstorms and Lightning

If thunder or lightning is seen or heard, all activity will stop immediately and the pitch will be cleared. Everyone must move indoors (a substantial building) or into a closed vehicle – not under shelters, trees, stands, or near metal goals/fences. Activity will only restart 30 minutes after the last sound of thunder or flash of lightning. If safe cover is not available, the session will be cancelled.

### 3G / Astro During Storms

3G/astro pitches do not make play safer in storms. Lightning risk remains high, and surfaces may become slippery with heavy rain. Play will not continue on 3G during thunderstorms. Equipment will be removed where safe, and the pitch will be inspected before any return to play.

## **Travel to Sessions**

Participants, coaches, parents/carers, support workers and volunteers should not travel if weather or road conditions are unsafe. Inclusive United may cancel or move sessions if severe weather is forecast. Extra time will be allowed for safe travel, and nobody will be penalised for choosing not to attend during dangerous conditions (a full refund will be given if payment has been made in advance.)

Members should follow local weather and travel advisories and inform coaches if delayed or unable to travel.

## **Responsibilities**

- Club Officials/Coaches: assess risk, make final decisions, and communicate changes.
- Participants/Parents/Carers: report health concerns and follow safety guidance.
- All Members: treat each other with respect and support inclusive participation.

## **Review**

This policy will be reviewed annually, or after any incident, and updated as needed.

**Reviewed by Head of Safeguarding, Tracy Light, 19th December 2025.**