



Wellingborough & District Athletics Club

Guidance to Session Leaders for Extreme Weather

Wellingborough & District Athletics Club has a duty of care to its members to take reasonable steps to promote the safety and welfare of its members including when extremes of weather are forecast or occur.

Session leaders and coaches have a responsibility to make sure their sessions take place in a safe environment, and club members are responsible for ensuring their health, fitness and kit (clothing, footwear, hydration etc.) are appropriate for the planned session and deciding whether to attend.

The weather can be a significant factor affecting the environment in which a session takes place, and these guidelines are to assist session leaders and coaches in deciding whether to proceed with, amend, cancel or curtail a session in the face of extreme weather.

Severe Weather Warnings

Amber weather warnings are issued by the Meteorological Office when there is a potential risk to life and property and red warnings when there is a high risk of danger to life. Session leaders and coaches should normally cancel a planned session in the event of an amber or red warning being in place for the location of the session. Met Office weather warnings can be found on most common weather apps. These should not be confused with UK Health Security alerts which are often referred to on the news and which do not appear on weather apps.

Extreme Heat

Sunguarding Sport considers temperatures of 30o and above to be too hot for very physical activities. When the temperature is forecast to be 30-32 degrees, high intensity sessions (eg Time Trial heats, hill sessions, track intervals etc) should normally be replaced with a very low intensity session or cancelled. Where a session goes ahead in such conditions, members should be advised to bring and carry adequate supplies of water and appropriate headgear and clothing, and the session leader monitor the welfare of participants. In the event of the temperature being forecast to be 33o or above, the session must be cancelled.

Ice.

When surface have more than minimal patches of ice the session should normally be significantly modified, curtailed or cancelled. This includes at track as well as on roads and

pavements. It can be worth checking with other session leaders in advance whether they know of local conditions.

Storms

Dangerously high winds normally result in a severe weather warning being issued (see above). Lightning and electrical storms which may be accompanied by heavy rain are unsuitable conditions for safe outdoor sports, and sessions should normally be cancelled or curtailed in these conditions.

The Club always has the right to change or cancel sessions. Session leaders should make reasonable efforts to communicate changes to sessions at the earliest opportunity, however as these decisions could be made at short notice it is members' responsibility to monitor the Club's various modes of communication for updates to sessions.