

## Hot Weather - Summary of Contingencies

### **CANCELLATION POLICY**

**SAMA will not compete when temperatures are 40 degrees or above.**

**In temperatures between 32 and 40 degrees, the length of races above 1500m may be adjusted according to the temperature and humidity.**

**If the predicted temperature is 40 degrees or above, and an evening cool change is not predicted, the meet will be cancelled on the day before the meet.**

**If the predicted temperature is 40 degrees or above, but a cool change is predicted to come in by 6pm we may still plan to meet. In these circumstances the final decision will be made by 10am on the Wednesday morning. A message will be posted on the SAMA website, and an SMS will be sent to all members advising the cancellation. The website will also show the contact details for the person to be contacted for further information.**

### **COMPETITION ABOVE 32 DEGREES (decisions made 20 minutes before race time\*)**

**No under 10s to compete and new competitors to be advised to only compete in shorter races. At 36 degrees and above no under 15s to compete.**

**The water table to be set up early and competitors advised to drink before, during and after competition.**

**Officials attend only if they are comfortable – competitors will have to assist more.**

#### **Reduction of Middle/Distance distances**

<b>Temp Up to 32</b>	<b>Normal programs</b>
<b>32 to 35</b>	<b>5km races reduced to 3km at the Comp Directors discretion</b>
<b>36 to 37</b>	<b>Maximum race distance 3km</b>
<b>38 to 39</b>	<b>Maximum race distance 2km</b>

**\*Decisions to be made by the Run or Walk Coordinator as appropriate.**

For full information on the SAMA Extreme Weather Policy, including contingencies for Pollution, Lightning, High Winds and Hail, please refer to the SAMA By-Laws (p33) at <http://www.samastersathletics.org.au/membership/#policies>