

# South Australian Radio Yacht Club Inc.

## HOT WEATHER POLICY

**Members with health problems are reminded that it is their responsibility at all times to not expose themselves to undue risk of harm or injury.**

- 1) When the **forecast temperature** as seen on the Channel 7 News Weather Forecast at 6.00pm, or as forecast from the Bureau of Meteorology on the night before sailing, **is over 39 deg C** then **all** scheduled SARYC sailing on the next day will be cancelled. Any SARYC Champion or Competitive event scheduled for that day will be re-scheduled to be sailed on the next available sailing day.

At **forecast temperatures up to 39 deg C** (forecast as per the above), General Sailing, Club Champion and other Competitive events will be sailed until the temperature reaches **35 deg C** as read on a thermometer located in the shade at the site where the sailing is held.

- 2) Club Champion and other Competitive Racing will then be stopped and results (a minimum of three (3), up to the nominated maximum of 12 races) will be recorded and points allocated as per the RRS A2.2 Low Point Scoring System. If three (3) races have not been completed as stated in the "Scoring of Club Champion Titles" then the event will be re-scheduled to be sailed on the next available sailing day.

General Sailing however may be sailed until the temperature reaches **37 deg C** as read on a thermometer located in the shade at the site where the sailing is held.

***This is at each members own discretion and responsibility*** with their due regard to hydration, sun protection and undue exposure to the sun.

**Each member should pay attention to personal factors that may affect them.**

These factors may include;

- |                                 |   |
|---------------------------------|---|
| Clothing:                       | Suitable for the weather conditions   |
| Acclimatisation:                | Acclimatize to the conditions if you have come from an air-conditioned environment. |
| Fitness:                        | Need for rest   |
| Age and gender:                 |   |
| Predisposed Medical Conditions: | Asthma, Heart, Diabetes etc.  |
| Hydration:                      | Keep hydrated at all times.   |
| Shade:                          | Take advantage of any shade conditions.   |
| Observation:                    | Look for distress in other members and render assistance as needed.                 |