



EXTREME WEATHER GUIDANCE



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PLAY AV NETBALL **EXTREME WEATHER GUIDANCE**

OVERVIEW

Weather in the UK can be unpredictable, and the increase in extreme conditions, such as heatwaves, downpours, strong winds, and cold snaps can all have an impact on our netball leagues. While we work hard to keep games playing all year-round, safety will always come first.

This guide is here to help everyone involved in a Play Netball league to make sensible, safe decisions when the weather takes a turn. All of our teams, coordinators and umpires should consider the following weather types in their risk planning:



Extreme heat



Extreme cold



Heavy rain or flooding



High winds



Thunderstorms



If a player, or team, doesn't feel safe to play in any of these conditions, you are welcome to find a sub, or forfeit the game. If the league has been deemed safe to play and has not been cancelled and you still decide not to play, you won't receive a refund.

PL AV NETBALL **EXTREME HEAT**

Play Netball matches will continue in hot weather and will only be cancelled if temperatures exceed 38°C.

Player safety is always a priority. Staying hydrated, using shade where possible, and managing the pace of play are all key to keeping everyone safe.

TIPS FOR EXTREME HEAT

Bring extra water or electrolyte drinks to your matches

Wear lightweight, breathable clothing, and wear sun screen

Bring a wet towel, cooling mist or a spray bottle to help cool down

Rest in the shade during breaks.

Rotate players more frequently throughout the game.

Call time if you need to come off court

Umpires should pace themselves and wear protective gear to stay safe in the heat.

Let someone know if you are feeling unwell.

PL AV NETBALL **EXTREME COLD**

If courts are deemed unsafe due to ice or snow, Play Netball will cancel and reschedule matches.

We'll contact the venue to check the court conditions, but we also ask our coordinators to do a final check around two hours before the match starts to help us make a safe and timely decision.

TIPS FOR EXTREME COLD

Wear multiple layers to stay warm throughout the evening. We recommend wearing thermals.

If you experience Raynaud's, gloves can be worn during play.

If you're waiting to play, stay warm with coats, hats, scarves, and gloves.

Make sure your team does a proper warm-up to get the body moving.

Bring a hot drink to help stay warm between quarters



HEAVY RAIN & FLOODING

If courts are waterlogged or flooded, Play Netball will cancel and reschedule matches.

We'll contact the venue to check the court conditions, but we also ask our coordinators to do a final check around two hours before the match starts to help us make a safe and timely decision.

TIPS FOR HEAVY RAIN & FLOODING

Keep up with local flood alerts.

Consider travel disruptions to and from the venue.

Bring plastic bags to keep kit dry.

Wear good grip footwear for wet conditions.

Bring a dry change of clothes to put on after your game

Bring a rain jacket/umbrella, for breaks of play, or for umpires that are officiating matches.

PL AV NETBALL **HIGH WINDS**

Strong winds can make gameplay difficult. Matches will not be cancelled due to high winds but we ask all players and umpires to take extra care when travelling to the venue and while on court.

If the venue informs us of an issue with the courts, such as an obstruction or power problem that can't be resolved before the league is due to start, matches will be cancelled and rescheduled.

TIPS FOR HIGH WINDS

Monitor forecasts and wind warnings.

Check courts and surroundings for debris or hazards.

Secure all posts and loose equipment.

Wear wind-resistant clothing.

Watch out for flying objects and unstable structures.

Check travel to/from the league, as things may have changed after you set off.



THUNDERSTORMS & LIGHTNING

While thunderstorms are rare, it's important we take sensible precautions when they do happen. The safety of our players and umpires is always a priority.

If a thunderstorm is nearby, we'll get in touch with the venue to review conditions and make a call from there. If thunder is heard close to the courts or lightning is clearly visible during a match, we'll pause play and reschedule the fixture if needed.

TIPS FOR THUNDER & LIGHTNING

Be aware of nearby shelter options (e.g. indoor space or vehicles).

Avoid standing under trees or near metal structures.

If lightning or thunder is close, we'll hold off on play until it's safe to continue.