

JAB Guidelines for Adverse Weather, Adverse Ground Conditions and Night Play

Night Rugby - Lighting.

The grounds currently approved for night play are:

Hinds 1.

Rakaia 2.

Celtic 1

Hampstead 1.

These fields are the only venues in MCRU district authorised for night matches at any level. Any matches scheduled for night play must be played on one of these grounds.

Weather Conditions

The weather (both hot and cold) can affect children and young people's safe participation in sport and recreation activities. Children and young people are highly susceptible to extremes in temperature.

Cold

As a rule of thumb for all JAB Rugby (U14.5 and below), matches should not proceed where the wind-chill temperature falls below 5 degrees Celsius.

Wind-chill is the perceived decrease in air temperature felt by the body on exposed skin due to the flow of air.

More detailed information will be provided on the methodology for calculating the wind-chill. But a good guide is the "Feels Like" temperature given on the MetService website or App.

Hypothermia is a significant risk. Where rain or surface water is present wind-chill is further decreased and hypothermia becomes an even greater risk.

Referees and coaches must ensure these guidelines are adhered to. Although the Union will try to make decisions for a whole grade, should adverse conditions be present this is not always possible – so coaches and referees must take these factors into account on any given playing day – day or night.

A critical factor in setting this protocol is the potential time a player may be exposed to these elements – especially in the situation where a serious injury occurs. Given the difficulty sometimes experienced in getting timely paramedic responses, Clubs need to think about what equipment needs to be issued to teams – eg thermal blankets.

Heat

If the ambient temperature is at or greater than 30 degrees Celsius, Children have much greater difficulty in getting rid of heat when compared to adults.

But even at temperatures in the mid 20's care needs to be taken.

Ensure adequate hydration, shade and sunscreen are available and all participants, officials and spectators have appropriate clothing, hats and sunglasses to prevent overexposure to the sun. In hot conditions, children are the best judges of their own well-being and capacity to play. If they feel unwell, they will usually simply stop activity. This is the best first response to heat illness. Under no circumstances should children be compelled to keep playing if they feel unwell in the heat.

Ground Conditions

Where grounds are too hard then the risk of injury increases dramatically. Lack of grass cover also further increases risk of injury.

Grounds where excessive surface water or mud is present, also pose a serious health risk.

Clubs, Coaches and Referees must evaluate the condition of the playing field prior to the commencement of play. If the ground is unsuitable for play for any reason, the match must not proceed. The referee is the final decision maker on match day, but Clubs are also responsible for managing the risks to players. It is a health and safety issue and all parties have a duty of care.

Again the Union will try to take a lead in managing decisions around ground suitability – but host Clubs as facility operators have a direct responsibility and Duty of Care that players have a safe environment in which to play – so too do team Coaches and Referees.