



EXTREME WEATHER & HOT WEATHER POLICY

Official Holiday Program Document Last Edited: January 05, 2026

1. POLICY STATEMENT

Kelly Sports is committed to providing a safe, fun, and high-energy environment. In line with **Department of Education** duty-of-care standards, we do not cancel fun due to heat; we adapt it. This policy ensures that physical exertion is modified dynamically to match environmental conditions, especially in venues without air conditioning.

2. THE HOURLY PIVOT: 3-PHASE ADAPTATION

Because site temperatures change throughout the day, Venue Managers perform **Hourly Heat Checks**. We transition between three phases to ensure **Maximum Participation** without compromising safety.

Phase	Internal/Ambient Temp	Program Style	Activity Level
PHASE 1: GREEN	Below 30°C	Standard Sports	Full-court matches, running games, and high-cardio.
PHASE 2: AMBER	30°C – 32°C	Modified Skills	50% rest/50% play. Activities moved to deep shade.
PHASE 3: RED	32°C – 34°C	Stationary Fun	"The Pivot": Seated or standing-only technical mastery.

CRITICAL SAFETY TRIGGER: If indoor temperatures exceed **34°C** in uncooled halls, all movement stops. Children are moved to the carpeted room and we will turn on the air conditioning for "Rest & Hydrate" protocols.

3. INDOOR VENUE MANAGEMENT

In situations where it is 34°C or higher, we will move all children and staff into the carpeted room and turn on the air conditioning, in this space we will run quiet games, quizzes and other activities that allow the children to rest, hydrate and cooldown while still having fun with the Kelly Sports group.



Kelly Sports
257 Roslyn Rd, Highton Victoria 3216
ABN 99 108 230 315

www.kellysports.com.au
info@kellysports.com.au



4. THE "STATIONARY ACTIVATION" PROGRAM (PHASE 3)

When the heat hits Phase 3, we move to **High Engagement, Low Energy** games. These ensure every child is participating while their heart rate stays low.

A. Technical Skill "Pro-Clinics"

- **Precision Targets:** Accuracy contests using bean bags, soft balls, and hula hoops.
- **Ball Wizardry:** Stationary dribbling and ball-handling challenges (seated or standing still).
- **Reaction Masters:** Seated reaction games (e.g., "Heads, Shoulders, Knees, Ball") focusing on hand-eye speed.

B. "Minute-to-Win-It" & Social Fun

- **Championship Brackets:** Bottle flipping, cup stacking, and paper plane aerodynamics.
- **Strategy Games:** Team-based sports trivia, "Silent Simon Says," and memory challenges.
- **Creative Team Branding:** Designing banners and posters in the "Cool Zone."

5. MANDATORY OHS & HYDRATION

- **Hydration "Fuel Stops":** A mandatory group water break is called **every 20 minutes**.
- **Food Safety:** Lunches must be stored on the floor in the coolest, most ventilated part of the venue. **No food is to be left in the unventilated area.**
- **SunSmart:** SPF 50+ sunscreen is reapplied every 2 hours. The "No Hat, No Play" rule is strictly enforced for any outdoor transitions.
- **Body Cooling:** Staff will use misting spray bottles during breaks to help lower children's skin temperature.

6. STAFF & FAMILY COMMUNICATION

For Staff:

Coaches must lead from a seated or shaded position during Phase 3. Your role is to keep the "hype" and "fun" high verbally while keeping the children's physical movement low. Every hour must be logged in the **Venue Heat Log**.

For Families:

We prioritize your child's safety above all else. If you see our coaches running a "Trivia" or "Technical Skill" session instead of a soccer match, it is because we have enacted our **Extreme Weather Policy**. We ensure your children stay cool, hydrated, and happy while still receiving the high-quality coaching Kelly Sports is known for.