



Rosebud Country Club – Extreme Weather Policy

1. Purpose

Rosebud Country Club (RCC) acknowledges that extreme weather conditions, including heat, lightning, strong winds, and other adverse conditions, can pose significant risks to the health, safety, and welfare of Members, Guests, Visitors, and Employees. This policy provides a clear framework for decision-making and operational procedures in response to such conditions.

While RCC will take all reasonable steps to mitigate risks and ensure Member and Staff safety, ultimate responsibility for personal safety rests with each individual.

2. Scope

This policy applies to:

- All Members, Guests, Visitors, and Employees using RCC Golf and Bowls facilities.
 - All Competitions, Social Play, Practice Sessions, and other Club Activities.
 - Staff responsible for Golf Operations, Course Management, and Health, Safety & Environment (HS&E) compliance.
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3. Heat Policy

3.1 Thresholds

- If the forecast temperature at 6:00 pm on the evening prior to a scheduled Golf or Bowls Competition is 38°C or higher (as advised by the Bureau of Meteorology), the Competition will be cancelled.
- Golf and Bowls facilities will remain open until the actual temperature, measured via the RCC Weather Station, reaches 38°C, at which point all play will be suspended.

3.2 Rescheduling

- Major Events and Board-sanctioned Competitions cancelled due to heat will be rescheduled at the discretion of the Golf Manager and Club Captain.

3.3 Health Advice & Preventive Measures

Members, Guests, and Visitors are strongly advised to:

- Apply broad-spectrum sunscreen (SPF 50+), wear hats, sunglasses, and sun-protective clothing.
- Seek shade wherever possible, noting that UV can reflect off water or other surfaces.
- Maintain hydration and monitor urine colour as an indicator of hydration (See Appendix 1).
- Take regular rest breaks in shaded or cool areas.
- Consider personal health and fitness levels, exercising additional caution for individuals with medical conditions or reduced physical resilience.

3.4 Symptoms of Heat-Related Illness (Definitions)

Members and Staff should be aware of the following:

- **Heat Rash:** Skin irritation due to excessive sweating.
 - **Heat Cramps:** Painful muscle spasms due to electrolyte imbalance.
 - **Heat Exhaustion:** Weakness, dizziness, nausea, headache, heavy sweating.
 - **Heat Syncope:** Fainting associated with dehydration.
 - **Dehydration:** Thirst, dry mouth, fatigue, dark urine.
 - **Heat Stroke (Medical Emergency):** High body temperature (>40°C), confusion, seizures, unconsciousness. Immediate emergency assistance required (call 000).
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4. Strong Winds

- If the BOM forecast predicts winds exceeding 60–65 km/h at 6:00 pm on the evening prior to a scheduled Competition, Members will be reminded of potential hazards from falling limbs and trees via Push Notifications and Golf Shop Signage.
 - The Golf Manager or Management may suspend or cancel play if conditions are deemed unsafe.
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5. Lightning Policy

RCC adheres to Golf Australia and National Lightning Safety Institute guidelines.

5.1 Suspension of Play

- Play will be suspended immediately if lightning is detected within 10 km of the course or if conditions are deemed unsafe by Management.

5.2 Siren Signals

- **One Prolonged Note:** Suspend play immediately and return to the Clubhouse.
- **Two Prolonged Notes:** Play may resume.
- **Three Short Notes:** Play abandoned; all sporting facilities closed.

5.3 Safety Measures

- Seek shelter in enclosed buildings or vehicles.
- Avoid trees, open areas, water, and golf carts.
- Follow the 30/30 Rule: if the time between lightning and thunder is less than 30 seconds, take shelter until 30 minutes after the last strike.

5.4 Emergency Response

- Call 000 immediately for any lightning-related injuries.
 - Administer First Aid or CPR until professional assistance arrives.
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6. Unplayable Course Conditions

The Golf Manager or Management may suspend or cancel play if the course becomes unsafe due to:

- Heavy rain or flooding.
 - Frost.
 - Any other conditions that render proper play unsafe or impractical.
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7. Responsibilities

7.1 Club Responsibilities

- Monitor weather forecasts (BOM, UBIMET) and the RCC Weather Station.
- Communicate suspensions or cancellations via Push Notification, Email, Website, or Signage.
- Provide shade, cold drinks, and First Aid facilities during extreme weather.

7.2 Member Responsibilities

- Monitor personal health, hydration, and fitness.
- Wear appropriate attire, sun protection, and carry sufficient fluids.
- Comply with all staff directions and cease play if unsafe conditions arise.

8. Review

- Bi-annual review by the General Manager in consultation with the Golf Manager, Course Superintendent, Staff, and Board.

Acknowledgement

"Rosebud Country Club will make every reasonable effort to inform Members, Guests, Visitors, and Employees of extreme weather events. However, the Club cannot guarantee individual safety, and it remains the responsibility of each person to take appropriate precautions."

Signed:



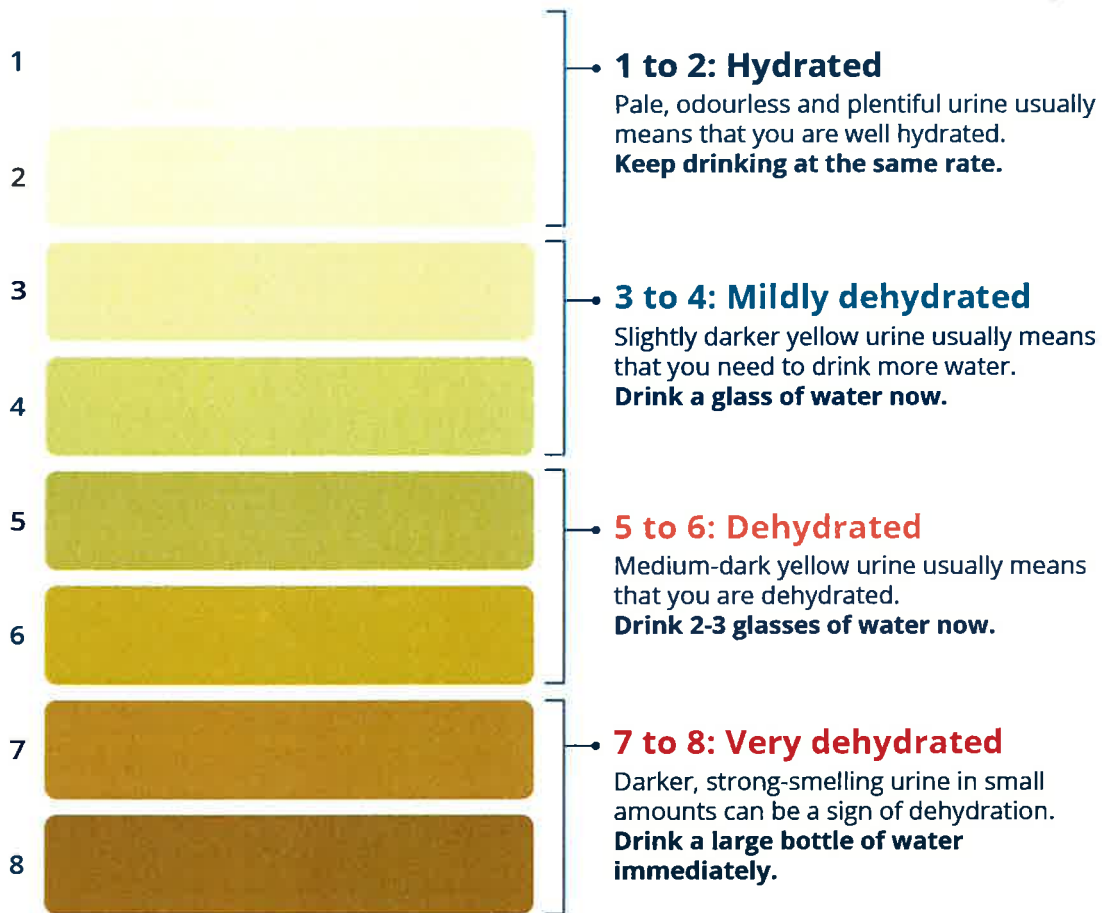
General Manager – Rosebud Country Club: _____ Date: 3/10/25

Appendix 1:



Am I drinking enough water?

Use this urine colour chart to check how hydrated you are. It is important to drink plenty of water every day to stay healthy.



What can change the colour of my urine?

Certain foods, medications and vitamin supplements may change your urine colour even if you are hydrated.



Important

The colours on this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you are worried about the colour of your urine, the amount of water you drink or dehydration.

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