DOHA RUGBY FOOTBALL CLUB

WEATHER, HEAT & AIR QUALITY POLICY

Policy Owner: Doha RFC

Applies To: All Doha RFC Players, Coaches, Managers, Volunteers, Officials, Parents and Visitors

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QUICK REFERENCE

40°C Rule
No outdoor Doha RFC rugby training, matches, tournaments or rugby activities may take place when the ambient temperatures reach 40°C or above.

Weather Decision Authority
The Rugby Development Officer (RDO) has the final authority for Doha RFC weather-related operational decisions.

Safety Principle
IF IT IS NOT SAFE, WE DO NOT PLAY.

1. PURPOSE

Doha Rugby Football Club is committed to protecting players, coaches, volunteers, officials and spectators from risks associated with adverse weather conditions.

This policy provides a clear framework for managing:

- Extreme heat and humidity
- Poor air quality, dust and sandstorms
- Rain and slippery surfaces
- Fog and reduced visibility
- High winds
- Thunderstorms and lightning

Player and participant safety will always take priority over training, matches or club events.

2. SCOPE

This policy applies to all outdoor Doha RFC activities, including:

- Minis and Youth training and matches
- Men's and Ladies' training and matches
- Tournaments and fixtures
- Rugby camps and development sessions
- Club events and open days
- Outdoor fitness and conditioning
- Warm-ups and cool-downs
- Any other activity organised by Doha RFC

Where a governing body, venue or local authority requires stricter safety measures, those requirements must be followed.

3. WEATHER MONITORING

Weather conditions must be checked before activities begin and monitored throughout the session where conditions may change.

Doha RFC will use reliable and recognised weather information, with **Wunderground used as the primary reference for temperature and Heat Index readings**.

Air Quality Index (AQI) information should be obtained from recognised sources such as **IQAir and Qatar environmental monitoring services**.

The Club may consider:

- Temperature
- Humidity and Heat Index
- Air quality
- Dust and sand
- Rain
- Wind
- Lightning
- Visibility
- Time of day
- Player age and acclimatisation
- Availability of shade and water

Where conditions are uncertain, the safer option must be applied.

4. MANDATORY 40°C RULE

40°C = NO OUTDOOR RUGBY

If the **ambient air temperature reaches 40°C or above, ALL OUTDOOR DOHA RFC TRAINING, MATCHES, TOURNAMENTS AND RUGBY ACTIVITIES MUST BE CANCELLED, POSTPONED OR STOPPED.**

This is a **mandatory Doha RFC safety requirement**.

The decision to cancel, postpone, delay or stop an activity due to weather conditions is the responsibility of the **Rugby Development Officer (RDO) ONLY**.

Weather conditions are monitored during the week, and decisions about training are made 24 hours prior to training sessions.

Coaches, managers, volunteers, players or parents are not authorised to overrule an RDO weather decision.

The RDO may also cancel or suspend activities **below 40°C** where humidity, air quality, dust, storms, visibility or other environmental conditions create an unacceptable risk.

5. HEAT GUIDELINES

Temperature	Minimum Action
Below 28°C	Normal activity. Standard hydration and sun protection.
29–34°C	Increased hydration and regular breaks. Reduce prolonged high-intensity activity.
35–38°C	High-risk conditions. Increase breaks, hydration and cooling. Reduce intensity and duration.
39–40°C	RDO to review conditions.
40°C+	**MANDATORY CANCELLATION / STOP. No outdoor Doha RFC rugby.**

These are minimum requirements. The RDO may apply a more conservative approach whenever conditions or participant welfare require it.

6.Hydration and Sun Safety

At every session:

- Arrive hydrated and bring your own named water bottle.
- Drink before, during and after activity.
- Wear SPF 30+ sunscreen and light-coloured kit. Use shade during breaks.

By Heat Index level:

Temperature	Minimum Action
Below 28°C	Normal hydration and sun protection.
29–34°C	**Water break every 20 minutes for minimum 3 minutes**, preferably in shade. Players encouraged to drink whenever needed.
35–38°C	**Water/cooling break every 10–15 minutes**. Breaks should be a minimum of **3–5 minutes** and include shade, cold water, wet towels/ice where available. Reduce session intensity and duration.
39–40°C	RDO to review conditions.
40°C+	**MANDATORY CANCELLATION / STOP. No outdoor Doha RFC rugby.**

Signs of heat illness: headache, dizziness, nausea, cramps or confusion. If you see these, stop the player's activity, move them into the shade, cool them down and tell the first aider. Call 999 if the player is confused, collapses or doesn't improve.

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DOHA RUGBY FOOTBALL CLUB

HEAT INDEX CHART

Based on Doha RFC Weather, Heat & Air Quality Policy

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Use this chart to find the RealFeel (Heat Index) based on the current air temperature and relative humidity.
Follow the colour guidance to determine the level of activity permitted.

AIR TEMPERATURE (°C)	RELATIVE HUMIDITY (%)								
	10%	20%	30%	40%	50%	60%	70%	80%	90%
50	44	52	54	54	54	54	54	54	54
49	43	51	54	54	54	54	54	54	54
48	43	50	53	54	54	54	54	54	54
47	42	48	52	54	54	54	54	54	54
46	41	47	50	54	54	54	54	54	54
45	41	46	50	54	54	54	54	54	54
44	40	45	49	54	54	54	54	54	54
44	39	44	48	54	54	54	54	54	54
43	38	44	48	54	54	54	54	54	54
41	38	41	46	52	54	54	54	54	54
40	37	40	43	49	54	54	54	54	54
39	36	38	42	47	52	54	54	54	54
38	35	37	41	43	49	54	54	54	54
37	34	36	38	41	43	54	54	54	54
36	33	35	37	40	42	49	53	54	54
35	32	34	36	39	42	46	52	54	54
34	32	34	35	38	41	44	50	53	54
33	31	32	33	36	38	41	46	50	53
32	29	31	32	36	36	38	41	46	50
31	28	30	31	32	34	35	38	41	46
30	27	29	29	31	32	33	36	38	43
29	26	27	28	29	30	32	33	35	37
28	25	26	27	27	29	30	32	33	35

HEAT INDEX LEVELS & ACTIONS – DOHA RFC STANDARDS

I. NORMAL 28°C and below	II. CAUTION 29 – 34°C	III. HIGH RISK 35 – 38°C	IV. REVIEW 39 – 40°C	V. STOP Above 40°C
Normal activity. Standard hydration and sun protection.	Increased hydration and regular breaks. Reduce prolonged high-intensity activity.	High-risk conditions. Increase breaks, hydration and cooling. Reduce intensity and duration.	RDO to review conditions.	**MANDATORY CANCELLATION / STOP. No outdoor Doha RFC rugby.**

EXAMPLE: The temperature is 34°C and Relative Humidity is **62%**. The Heat Index is 44°C – **above 40°C, so all outdoor rugby is cancelled**.

Notes: 1. Degree of heat stress may vary with age, health and body characteristics.
2. Do not take any form of "Salt Supplement" unless advised.

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7. HEAT-RELATED ILLNESS

Coaches and managers must be alert for signs including:

- Headache
- Dizziness
- Nausea
- Unusual tiredness or weakness
- Muscle cramps
- Confusion or unusual behaviour
- Feeling faint or unwell

If a player becomes unwell:

1. Stop participation immediately.
2. Move them to a cool or shaded location.
3. Begin appropriate cooling measures.
4. Inform the responsible coach/manager.
5. Seek medical assistance where required.
6. Do not allow the player to return until it is considered safe.

8. AIR QUALITY, DUST & SANDSTORMS

Poor air quality, dust and sandstorms can create respiratory, visibility and safety risks.

AQI	Doha RFC Guidance
0–100	Normal activity with standard monitoring.
101–150	Reduce vigorous activity and consider alternatives for vulnerable participants.
151–200	Outdoor activity should be significantly reduced, postponed or moved indoors where possible.
201–300	Outdoor rugby should stop.
301+	**No outdoor activity.**

Activities may also be cancelled where heavy dust or sand significantly reduces visibility or creates an obvious safety risk, regardless of the recorded AQI.

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9. RAIN, WIND & FLOODING

Training and matches must be reviewed where rain creates:

- Slippery surfaces
- Standing water or flooding
- Poor visibility
- Unsafe playing conditions

High winds must also be assessed for the risk of flying debris, unstable equipment, tents, gazebos or other temporary structures.

The RDO may postpone or cancel activities where conditions are considered unsafe.

10. LIGHTNING & THUNDERSTORMS

All outdoor rugby activity must stop immediately where lightning or thunderstorms create a safety risk.

Players, coaches, officials and spectators must move to a suitable safe location (INDOORS).

Activity must not resume until the storm has passed and the RDO confirms that it is safe to return.

As a minimum, activity should not resume until **15 minutes after the last observed lightning or thunder or is 30KM away from the field of play**. This will be monitored with a lightning monitoring app

11. FOG & REDUCED VISIBILITY

Training and matches must be delayed or cancelled where visibility is insufficient to safely conduct the activity.

Particular consideration must be given to:

- Player safety
- Referee visibility
- Emergency access
- Vehicle movements
- Safe arrival and departure

12. COACHES & MANAGERS

Coaches and managers are responsible for:

- Following this policy and all RDO decisions.
- Checking weather conditions before activities.
- Ensuring players have adequate water.
- Implementing required hydration and rest breaks.
- Monitoring players throughout activities.
- Reporting concerns immediately.
- Stopping activity where there is an immediate safety risk.

A scheduled training session or match must never take priority over participant safety.

Coaches and managers must not continue an activity simply because it has already started.

13. PARENTS & GUARDIANS

Parents and guardians should:

- Ensure players arrive properly hydrated.
- Provide sufficient drinking water.
- Apply sunscreen before outdoor activities.
- Inform coaches of any relevant concerns affecting participation.
- Respect weather-related cancellation or postponement decisions.

Parents, players and coaches should understand that weather cancellations are **safety decisions and not optional**.

14. COMMUNICATION

When training, matches or events are cancelled, postponed or modified, Doha RFC will communicate the decision through the appropriate club communication channels as soon as reasonably practicable.

Coaches and managers must not issue conflicting information after an official RDO decision has been made.

15. FINAL AUTHORITY

The **Rugby Development Officer (RDO) is the sole authority for Doha RFC weather-related operational decisions.**

The RDO may:

- Allow activities to proceed.
- Modify activities.
- Delay activities.
- Shorten activities.
- Suspend activities.
- Abandon activities.
- Postpone activities.
- Cancel activities.

Any coach, manager, volunteer or official may immediately stop an activity where there is an **immediate and obvious danger**, but the RDO must be informed as soon as possible.

DOHA RFC GOLDEN RULE

IF IT IS NOT SAFE, WE DO NOT PLAY.

AT 40°C OR ABOVE, OUTDOOR DOHA RFC RUGBY DOES NOT GO AHEAD.

THE FINAL WEATHER DECISION RESTS WITH THE RDO.

16. POLICY REVIEW

This policy will be reviewed annually, or sooner if there are changes to World Rugby guidance, Qatar regulations, club operations or following a significant weather-related incident.

Date of next review: June 2027

Approved by: Doha RFC DSL

Date: 30 August 2026

SIgned by: Keanu Odendaal

Signature: 