

Community Resilience Plan

2019



Families cooled off at Blaxland Riverside Park in Parramatta as the mercury topped 40 degrees (Image: Brook Mitchell) from "Sydney struggles to stay cool as the heat hits" (by Miriam Webber) Sydney Morning Herald January 7, 2018

Welcome to Sydney Olympic Park – your safety is our priority!

The aim of this Community Resilience Plan is to provide you with the information necessary to assist you to stay safe and resilient during an emergency such as extreme weather events. Resilience is about surviving and thriving, regardless of the challenge.

Sydney Olympic Park is a major events precinct, with a town centre that includes residences and businesses. Like the rest of Sydney, extreme weather events can occur and the risks of this increase as our climate changes.

In the short term, we have identified two key risks to the community at Sydney Olympic Park from climate change:

1. hotter temperatures and longer heat waves; and
2. changing rainfall patterns leading to flash flooding.

As part of our role as a Mass Care Facility in the event of evacuations in Sydney, we have designated emergency shelters at the Park. We are also developing a Communications Plan to assist you if such events occur, however pay attention to any announcements or signage in the event of an emergency. Check on your neighbours as well!

“The more prepared you are for emergencies, the less stressful they become. You’re more likely to have a sense of control during the emergency and afterwards.”
(Head of Influence and Strategy in Australian Red Cross emergency services division)

There are simple practical steps that can be taken to protect yourself and the things you most value.

We recommend that all businesses and residents prepare their own Emergency Plan. The Red Cross has developed a free App called **Get Prepared** to help communities prepare for emergencies. For example, this is available for download for IOS and Android on the Red Cross website www.redcross.org.au/prepare and is available in a number of languages.

The App helps people prepare physically and psychologically for disaster. An easy, user-friendly process helps establish a network of emergency contacts, review the risks relevant to where you live and create checklists of actions to undertake. The App also links users with emergency services and provides them with an emergency plan that can be printed and shared with others.

This document gives you the contact information you may need during an extreme weather event. However, in the event of any emergency you should contact **000**.

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Introduction

“Resilience is the capacity of individuals, communities, institutions, businesses and systems within a city to survive, adapt and thrive no matter what kinds of chronic stresses and acute shocks they experience” (Rockefeller Foundation).

Sydney Olympic Park is located in the west of Sydney, NSW and is a part of the City of Parramatta Council local government area. Sydney Olympic Park Authority was established on 1 July 2001 as a statutory body of the NSW Government under the Sydney Olympic Park Authority Act 2001 to manage and develop the 640 hectares comprising Sydney Olympic Park. The Authority is responsible for day-to-day management of all public places, 430 hectares of parklands, seven sporting venues and general coordination of the orderly use, operation and development of the precinct.

Over 10 million people visit the Park for events, sports and as tourists each year with over 5,000 annual events. On big events days, there may be in excess of 200,000 people visiting the Park simultaneously across various venues.

In accordance with Master Plan 2030, the Park’s Town Centre will host 35,000 daily workers and a residential community of some 24,000 people by 2030.

To summarise, the community of Sydney Olympic Park is made up of

- A growing residential community
- A growing business community
- Patrons attending events.
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Creating a Resilient Community

Creating a strong sense of belonging within a community helps to build resilience and adaptive capacity. The Authority is committed to developing a Place Plan and Community Engagement Plan that will inform its interactions with businesses, venues, residents and visitors. Currently a data base of residents, strata bodies, retailers, is being created to enable easier ways to keep in contact with our community.



Image 1 Sydney Olympic Park by 2030. (Artist’s impression Master Plan 2030 (2018 Review))

Risks to the Community from Extreme Climate Events

The high-level screening of existing climate risk assessments undertaken by SOPA in 2018 in the Climate Adaptation Plan (CAP) identified two key climate change effects: temperature and rainfall impacting on the area. Further effects relating to these are extreme heat (coupled with the Urban Heat Island effect (UHI))¹, and intense rainfall.

Heat

An increase in average annual temperatures will result in a hotter and drier climate. It is projected that annual temperatures in the area will increase by up to 1°C by 2030 and up to 2.5°C towards the end of century. Both peak temperatures (and hot spells) are expected to increase as well. The effects of the projected temperature increases are amplified by the Urban Heat Island effect, in which dense urban environments can have temperatures up to 7°C hotter than adjacent rural areas. It is also expected that the number of days over 35°C will double by 2090, increasing the likelihood of hot spells or heatwave conditions.

A warming climate and extreme heat events will impact on vulnerable people disproportionately. Poorer, older, younger and those who are homeless are more vulnerable. Currently, heatwaves are the leading cause of deaths compared to any other natural disaster (Steffen & Perkins 2014). High temperatures also impact on sleep patterns when it is uncomfortable during the night, which increases fatigue. Diseases and pests that are not common in the current climate may present a problem in the future as the overall climate conditions change.

In periods of extreme heat, non-active modes of transport will be preferred which may result in changing patterns of access to facilities and services. Residents and workers may seek greater respite from heat in air-conditioned community or commercial facilities, or in shaded open spaces. Poor thermal performance of dwellings may result in heat stress and greater demand for health facilities. Power outages (brown and black) can be experienced in extreme heat event as energy infrastructure is strained. All these effects are compounded when extreme heat events coincide in areas and times of high visitation, such as major sporting and other events.

Rainfall

Average annual rainfall is expected to increase because of climate change. An increase in rainfall of 0.4% rainfall is expected in the region in the medium term, and an increase of 6.5% in the long term. Seasonally, rainfall is projected to decrease in spring and winter and projected to increase in summer and autumn. This will increase drought risk and severity which in turn increases the risk of fires and impacts on amenity.

A drier climate is likely to compound impacts of heat stress, particularly for the most vulnerable. Reduced rainfall places pressure on urban water supplies resulting in water restrictions being placed on the wider community and higher water costs. Drought periods can also lead to less outdoor activities, impacting health and contributing to a loss of social cohesion. A deterioration in the quality of open spaces due to lack of irrigation may make them less attractive and contribute to stress, and reduced health and well-being.

¹ The UHI effect is where air temperatures in an urban environment are higher than those in the surrounding hinterland or rural environment as a result of the replacement of natural, vegetated surfaces with urban development.

Some community infrastructure, particularly community gardens and outdoor activity spaces require a minimum amount of water to retain functionality. Climate change will increase the likelihood of these thresholds being surpassed.

Extreme weather events – storm, flood, heatwave

Despite a drying climate, climate change increases the likelihood of extreme rainfall events occurring. It is expected that heavy rainfall intensity will increase by up to 15 per cent in the medium term and 50 to 100 per cent in the long term. Intense rainfall events are often accompanied by strong wind, hail, and thunderstorms. These extreme rainfall events can cause flashing flooding.

While flash flooding and storm damage increase the risk of injuries and deaths to the public and result in business closures, the stress, inconvenience and disruptions add to social and financial strain. People may be left stranded and access to and from the Park will be reduced. Volunteer emergency services may be more frequently required. Access to community infrastructure may be compromised in the event of extreme weather events, leaving vulnerable populations in unstable situations. Again, all of these effects are compounded when extreme rainfall events coincide in areas and times of high visitation, such as major sporting and other events.

Sea level rise in conjunction with flash flooding from extreme rainfall events may result in road closures leading to public safety issues and reduced access to some areas of the Park – especially areas adjacent to the Parramatta River, the Badu wetlands, Lake Belvedere and some sections of Bennelong Parkway.



Image 2: Flooding at Lake Belvedere

Key Contacts

Call 000
For Emergency Fire, Medical Attention and Police

Table 1 Key Emergency Contacts

Organisation	Contact
SES Flood Safe	132 500
Red Cross	(02) 9229 4272
City of Parramatta - After Hours Emergency	(02) 9806 5050
Auburn Police Emergencies	000 02 9646 8699
NSW 'Beat the Heat' (Run by City of Parramatta After Hours Emergency)	(02) 9806 5050
EPA – Pollution incident	(08) 8204 2004
Sydney Water	1300 143 734
Health NSW	(02) 9391 9000
Strata Management <i>You should find out your strata contact details and add them here:</i>	

Table 2 Key Community Contacts at Sydney Olympic Park

Organisation	Contact
Sydney Olympic Park Authority – General Enquiries Mon - Fri, 8.30am - 5pm	(02) 9714 7888
Sydney Olympic Park Authority - Security	(02) 9714 7700
ANZ Stadium	(02) 8765 2000
Aquatic Centre	P: 02 9714 7500 E: aquaticcentre@sopa.nsw.gov.au
Archery Centre	P: 02 9714 7502 E: archerycentre@sopa.nsw.gov.au
Athletic Centre	P: 02 9714 7501 General Enquiries E: athleticcentre@sopa.nsw.gov.au
Hockey Centre	P: 02 9714 7600 E: hockeycentre@sopa.nsw.gov.au

Organisation	Contact
Qudos Bank Arena	P: +61 02 8765 4321 F: +61 02 8765 4333 E: info@qudosbankarena.com.au
Quay Centre	P: 02 9714 7600 E: quaycentre@sopa.nsw.gov.au
Royal Agricultural Society of NSW (Sydney Showground)	P: 02 9704 1111
Tennis Centre	P: 1300 TENNIS (836 647) E: tennisworldsop@tennis.com.au

Location of Emergency Shelters

Sydney Olympic Park contains a number of venues which are nominated as emergency shelters as part of the Authority's role as a Mass Care Facility for NSW should an emergency occur in greater Sydney. These venues can also be used during an emergency for local residents and workers.

When further development occurs in the Park, it is envisaged that potential new schools, libraries or shopping centres may also become emergency shelters or refuges for the Park's local community during extreme weather events.

In the event of an evacuation, always follow the instructions of emergency services who will direct you to the designated shelter at that time.

Emergency Plans

Planning to have a plan, is not a plan!

Have you prepared an Emergency Plan? If not, the following information will assist you to do this quickly and easily.

Residents - It is recommended local residents develop their own Emergency Plan. To assist in doing this, an excellent App is available for download from the Red Cross:

<https://www.redcross.org.au/get-help/emergencies/preparing-for-emergencies/get-prepared-app>

Businesses - a great guide and standard templates to assist in developing a plan can be found at the Australian Government Business website:

<https://www.business.gov.au/Planning/Templates-and-tools/Emergency-management-template-and-guide>

Visitors – As an event precinct, Sydney Olympic Park has standard operational emergency evacuation and safety plans. Follow instructions of emergency services at all times to keep yourself and others safe.

Sydney Olympic Park Authority is also in the process of developing an Extreme Events Communications Plan (EECP) that will be available to the Park's community by 2020. In the meantime, residents and businesses can familiarise themselves with the following key plans listed in Table 4.

Table 4 Extreme event plans and guides

Coverage	Name of Plan	Link to Plan
Parramatta City Council (which includes Sydney Olympic Park)	City of Parramatta Emergency Plan EMPLAN & Emergency management Committee	https://www.cityofparramatta.nsw.gov.au/sites/council/files/2019-02/City%20of%20Parramatta%20Council%20Local%20Emergency%20Management%20Plan%202018.pdf
	Cool Parramatta	http://coolparramatta.com.au/
	WESROC Beat the Heat-Strategy and Action Plan	https://wsroc.com.au/

Being Climate Ready

Like most places across Sydney, Sydney Olympic Park is prone to extreme weather events, the two main ones being heatwaves and localised flooding after heavy rainfall. Follow these tips for being climate ready.

Beat the Heat – Advice from NSW Health²:

Personal

- Regularly check the local forecast from the Bureau of Meteorology on your radio, TV or on the internet.
- Get advice from your doctor about whether your medication and/or your medical conditions may affect what you should do if it gets extremely hot.
- If your doctor normally limits your fluids, check how much to drink in hot weather.
- Check that you can store your medication at less than 25°C (the medication can become less effective or occasionally toxic if stored at higher temperatures – check with your pharmacist if unsure).
- Make sure you know who you are going to call - who may need help (check on your neighbours) and who could provide help to you if needed (a list of numbers is contained in this Community Resilience Plan).

In your Home

- Check your fridge, freezer, fans and air-conditioners to make sure they work properly.
- Stock up on food (including pets), water and medicines to last up to a week so you don't have to go out in a heat wave.
- Consider buying cool packs to have in the fridge to help you cool down.
- Check that your home can be properly ventilated without compromising security.
- If possible, have curtains with pale linings in rooms that get a lot of sunlight to help reflect the heat. Avoid dark reflective curtain linings and metal Venetian blinds as they absorb heat and may make rooms hotter.
- Consider putting external blinds, shutters or some other shading on windows in rooms which face west.
- Insulate your house – not only will this keep it cool in summer, but it will also keep it warm in winter.
- Create a cool room or cool area to go to during extreme heat. This room or area ideally should be east or south facing in the house and can be cooled using indoor and outdoor shading, ventilation and use of a fan or air-conditioning.

² <https://www.health.nsw.gov.au/environment/beattheheat/Pages/prepare-for-heat.aspx>

Also check the Parramatta City Council website ‘Cool Parramatta’ which provides locations and recommendations of activities to do during a hot day (>35°C):

www.coolparramatta.com.au/

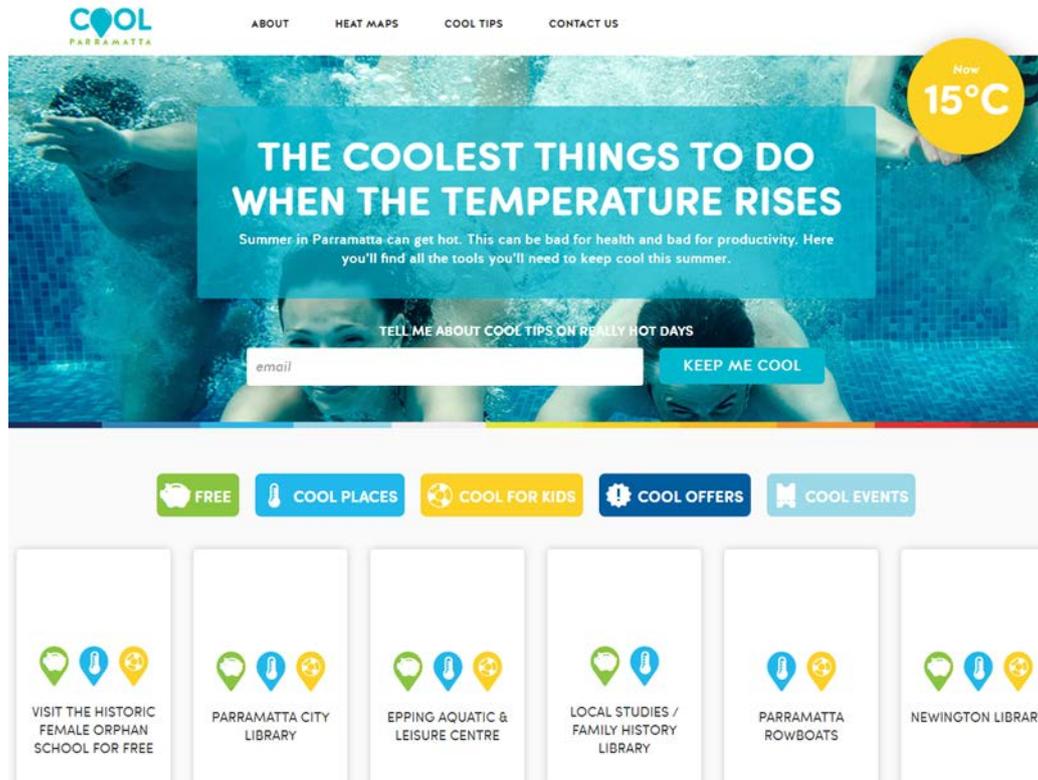


Image 3 – Cool Parramatta Website at www.coolparramatta.com.au

Flooding

During heavy rainfall and localised flooding, Sydney Olympic Park Authority and Parramatta Council may close some roads, pathways and other areas accessible to the public. The best way to stay safe is to stay out of these areas and follow any instructions on the signs and/or emergency services in severe cases.

The SES³ also advise to **never enter floodwater**. This includes driving, riding, and walking and children play in the floodwater.

- Floodwater may be deeper or faster flowing than it appears and contain hidden snags or debris.
- Floodwater may contain chemicals, raw sewage, snakes, spiders and much more that could cause illness and even death.
- Roads and surfaces underneath floodwater often wash away, and may not be visible from the surface.

³ <https://www.ses.nsw.gov.au/flood-resources/during-a-flood/know-your-risk/>

Communication Channels

The Bureau of Meteorology (BOM) issues climate and weather warnings for the Sydney Olympic Park at <http://www.bom.gov.au/places/nsw/sydney-olympic-park/>

For the most up to date information to stay informed during an extreme weather event, tune in to radio and television. Broadcasters such as the local Sydney Australian Broadcasting Corporation (ABC) stations and the Special Broadcasting Service (SBS), commercial Radio - Australia (CRA) and Free TV Australia have established Memorandums of Understanding (MOUs) with NSW State Governments to ensure dissemination of emergency warnings to the public.

Smart phone Apps can also be accessed by residents and workers to prepare for an emergency event. The following phone applications have been developed by the Emergency Services can be accessed here: <https://www.emergency.nsw.gov.au/Pages/for-the-community/community-service-workers/how-to-help-clients-prepare/during-an-emergency/smart-phone-apps.aspx>.

Smart Phone Apps

Emergency services agencies have interactive smart phone apps that can help your clients before and during an emergency.



Emergency+ The Emergency + app tells users when they should call Triple Zero (000) and who to call in different non-emergency situations. It also helps dial the number and shows the phone's GPS coordinates for the caller to read out to the operator. Android | iPhone



Fires Near Me The Fires near me app shows all bush and grass fires attended by fire services in NSW, and other incidents attended by NSW Rural Fire Service volunteers. Click on any incident for more information. Android | iPhone



FloodSafe The SES FloodSafe app can assist you in becoming better prepared for floods, with local flood information, history and events, as well as information on what to do just before, during and after the flood. Android | iPhone



Live Traffic The Live Traffic app has up to the minute news of incidents and conditions that affect traffic in Sydney and regional NSW. Android | iPhone

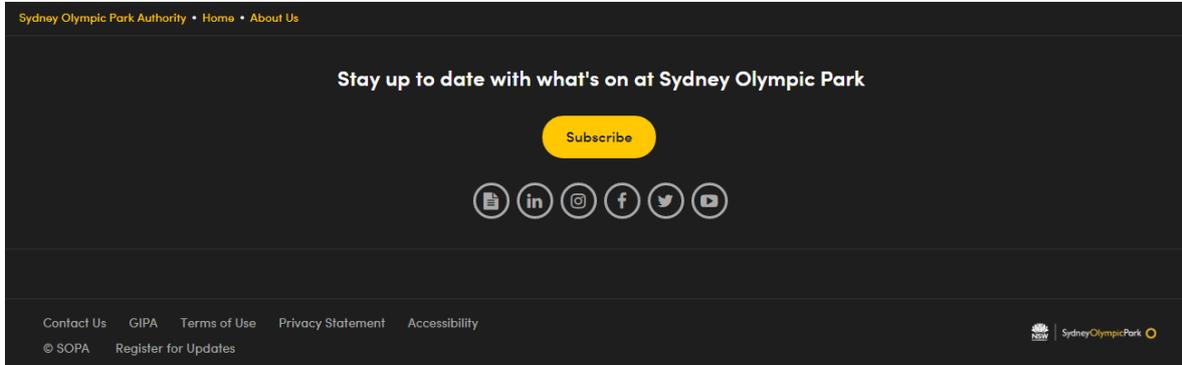


My Fire Plan The My FirePlan app guides you through the steps to prepare a Bushfire Survival Plan. Android | iPhone



StormSafe The SES StormSafe app can assist you in becoming better prepared for storms, with local storm information, history and events, as well as information on what to do just before, during and after the storm. Android | iPhone

Regular community information and events hosted by SOPA will be advertised on the SOPA website as well as through newsletters, social media, resident, business and strata contacts databases. Sign up to the SOPA at <https://www.sopa.nsw.gov.au/About-Us> and hit the “subscribe” button.



Personal Checklist

The following checklist is for local residents and businesses to use to ensure they have taken all of the appropriate steps to enable them to be prepared for potential extreme climate events.

Be Prepared:

- Make sure you, and your family members are aware of potential for extreme weather events relating to heat and rainfall – these include storms, localized flooding and heat waves.
- Check your home insurance covers you for extreme events.
- Consider what you can do to make your home more comfortable in a heatwave at <http://www.yourhome.gov.au/> and <http://coolparramatta.com.au/>
- Familiarise yourself with transport options if you must leave your home in a hurry.
- Have contact numbers for emergency services easily accessible (keep this Community Resilience Plan in a place you can easily locate in an emergency).
- Familiarise yourself with, and keep on hand, the communications channels to get the most up to date information during an emergency, including local radio, Smart phone Apps and the Park's Website.
- Prepare your own Home Extreme Event Plan and Emergency Kit and store in a readily accessible place. Check it regularly.
- Check if your neighbours are aware of extreme event planning, especially if they are elderly or in need of assistance of any kind.

Actions in an emergency:

- Listen to your local radio station for information, updates and advice on the emergency.
- Locate and check your Emergency Kit.
- Think about moving pets and animals.
- Unplug all electrical devices.
- Check on neighbours, particularly the elderly and families with young children.
- Activate your Home Extreme Event Plan.
- Be prepared to evacuate if advised by emergency services.

For Businesses:

- Make yourself, and your workforce, aware of extreme climate risks.
- Train staff to be event ready.
- Clearly identify event preparedness for your business operations.
- Have a Business Continuity Plan in place that is regularly tested.
- Involve the local community in your response and recovery planning.

Acknowledgements

The following organisations participated/were engaged in the creation of this document including:

Parramatta City Council
Royal Agricultural Society of NSW (Sydney Showground)
Office of the Environment and Heritage
Jacobs Australia P/L

This Plan has been developed to align with the following local disaster management plans prepared by the relevant District, State and Council authorities:

NSW State Emergency Management Plan
Sydney Metropolitan Emergency Management Plan (EMPLAN) 2017, and EMPLAN SUBPLANS Bushfire, Flood, Storm, Major Structural Collapse
Beat the Heat (Department of Health)
Resilient Sydney Strategy
City of Parramatta Emergency Plan
Cool Parramatta
SOPA Fire Emergency Plan
Venue Safety Plans.

More information

For further information on this Resilience Plan please contact:

Director Environment and Planning
Sydney Olympic Park Authority
Phone: (02) 9714 7300
Or email: Enquiries@sopa.nsw.gov.au