



Extreme Weather Policy

Policy No: 0016

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This Policy refers to conditions of **Hot Weather** and **Lightning** and specifically applies to ROAD EVENTS, ROAD CRITERIUM EVENTS and OUTDOOR TRACK EVENTS. This Policy does not apply to INDOOR TRACK EVENTS.

Hot Weather Conditions

POLICY

The event will be cancelled or postponed on any event day, where the Bureau of Meteorology forecasts the Adelaide temperature to be 37 Celsius or higher in the 4:00pm forecast issued the day before, **unless it is clearly stated otherwise on the event information**. The 4:00pm forecast may be found at www.bom.gov.au/weather/sa/

It is highly recommended that a club or promoter who elects to not apply this Policy to their event(s) conduct their own event heat risk assessment and/or adopt their own policy, using information from the Sports Medicine Australia guidelines obtainable from www.sma.org.au

SCOPE

Pre – event procedure: The event distance/time may be modified, by the Chief Commissaire, on any event day, where the Bureau of Meteorology forecast the temperature to be between 32 and 37 Celsius in the 4:00pm Adelaide forecast issued the day before. The host club should supply access to water, shade & sun screen.

Event day procedure: The event will continue as normal on any event day where the Bureau of Meteorology forecast the temperature to be less than 32 Celsius in the 4:00pm Adelaide metropolitan forecast issued the day before. The Chief Commissaire may however modify the event distance/time to minimise the chances of a rider, official or volunteer suffering heat stress.

- It is the riders' responsibility to ensure that they use sunscreen, shade where available and drink and carry plenty of water for the event they are competing in.
- Clubs or promoters of Track events should also consider the Sports Medicine Australia advice regarding exercising in hot weather, particularly regarding the duration and timing of events.

Post-Event Procedure: If a Hot Weather plan has been implemented, then the Chief Commissaire shall note the details in the Chief Commissaires Event Report.

Lightning

POLICY

It is unsafe to begin or continue any open road or outdoor track event sanctioned by Cycling South Australia when lightning is present in the local area.

SCOPE

Pre – event procedure: If pre-event weather forecasts indicate the possibility of lightning on event day, the Event Director and Chief Commissaire must develop a lightning contingency plan.

As a minimum, the plan should include protocols for the following scenarios:

- Competitor and Official information and education
- Postponement of the event
- Cancellation of the event prior to commencement
- Abandonment of the event after it has commenced

Event day procedure: If lightning is visible at or near your event location, the Chief Commissaire, in consultation with Principals and Event Director will make the decision to delay the start, abandon or cancel the event. Any delay should last as long as is necessary to ensure the lightning is no longer in the vicinity. The 'Flash to Bang' and/or '30/30' method for determining distance of the lightning strikes may be used.

- The rule of thumb is that every 3 seconds of delay between a flash to thunder, equates to a distance of 1 kilometre, so where 30 second flash-to-thunder time interval, the lightning activity is about 10 km away.
- Data from lightning location systems shows that you should seek a safe location whenever the flash-to-thunder time (Flash to Bang) interval is less than 30 seconds or 10 km distance to the lightning activity.
- If you cannot see the lightning, just hearing the thunder means you are most likely to already be within striking range, and it is time to seek whatever appropriate shelter is available.
- If isolated in an exposed area and your hair stands on end, this is indicative that lightning is about to strike, therefore assume a crouched position with your feet together, or sit with your feet tucked in close to your body.

Safe shelters

Do not remain outdoors. Seek shelter in one of the following locations:

- Fully enclosed metal vehicles with windows up
- Substantial buildings
- Low ground.

Unsafe Shelters

Avoid outdoor metal objects, like power poles, fences and gates, high mast light poles, and electrical equipment.

- AVOID solitary trees
- AVOID water

- AVOID open fields
- AVOID high ground.

After the storm conditions appear to have dissipated or moved on, wait a further 30 minutes from hearing the last thunder before leaving the safe area location. Should thunder be heard within this period, the 30min count should start again.

Post-Event Procedure: If a lightning contingency plan has been implemented, then the Chief Commissaire shall note the details in the Chief Commissaires Event Report.

ACKNOWLEDGEMENT

Parts of this lightning procedure have been sourced from:
http://www.lightningman.com.au/safety_procedures.html