

Saskatchewan Cycling Association Weather Policies and Guidelines



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Lightning Policy

Local weather should be monitored by the event organizer/club representative and events will not be held during conditions of thunder and lightning, excessively high winds or in the unlikely event of a possible tornado.

The Saskatchewan Cycling Association highly recommends that each event have a **daily weather update** posted in strategic positions throughout the registration and entrance area.

Participants and commissaries will be informed of these policies, and the following policy is posted in multiple areas.

In the event of thunder or lightning the course will be evacuated and shelter found. Thirty minutes must pass from the last clap of thunder or flash of lightning before riders may resume their competition. The next occurrence begins a new 30-minute cycle.

No outdoor activities will be initiated when thunder and/or lightning is present.

If thunder and lightning occur once activities have started, utilize the “flash-to-bang” method for determining the distance of lightning. Count the number of seconds between seeing the lightning and hearing the clap of thunder. If the time between “flash to bang” is 30 seconds or less it is time stop the event and seek shelter. A rough rule of thumb is lightning that is closer than 10km poses a risk to participants. The formula is roughly the time between “flash to bang” divided by 3 equals the distance away in KM. For example if the time from flash to bang is 30 seconds then the storm is 10 km away. For example $30 \text{ seconds} / 3 = 10\text{km}$.

The storm’s distance and your location will determine when there is a need for evacuation to a safe shelter. A safe shelter is defined as a sturdy building that has metal plumbing or wiring, or both, to electrically ground the structure. A shed or a shack is not a safe shelter.

Stay away from tall or individual trees, lone objects (flagpoles), metal objects, standing pools of water, and open fields. Avoid close contact with others by maintaining a distance of 15-20 feet.

Allow 30 minutes to pass after the last sound of thunder or sight of lightning before resuming any outdoor activities, **INCLUDING WALKING OUTSIDE OF YOUR SHELTER**

The Chief Commissaire in consultation with his partners will be responsible for making decisions regarding stoppage/delay/evacuation due to thunder, lightning or other extreme weather patterns.

Air Quality Guidelines

Local air quality should be monitored by the event organizer and SCA leading up to the event. For air quality monitoring the Saskatchewan Government's Air Quality Health Index will be used

<http://www.environment.gov.sk.ca/airqualityindex>.

Air Quality Health Index

The Air Quality Health Index or "AQHI" is a scale designed to help you understand what the air quality around you means to your health.

It is a health protection tool that is designed to help you make decisions to protect your health by limiting short term exposure to air pollution and adjusting your activity levels during increased levels of air pollution. It also provides advice on how you can improve the quality of the air you breathe.

This index pays particular attention to people who are sensitive to air pollution and provides them with advice on how to protect their health during air quality levels associated with low, moderate, high and very high health risks.

The AQHI communicates four primary things;

1. It measures the air quality in relation to your health on a scale from 1 to 10. The higher the number, the greater the health risk associated with the air quality. When the amount of air pollution is very high, the number will be reported as 10+.
2. A category that describes the level of health risk associated with the index reading (e.g. Low, Moderate, High, or Very High Health Risk).
3. Health messages customized to each category for both the general population and the 'at risk' population.
4. Current hourly AQHI readings and maximum forecast values for today, tonight and tomorrow.

The AQHI is designed to give you this information along with some suggestions on how you might adjust your activity levels depending on your individual health risk from air pollution. [Follow this guide on how to use the AQHI.](#)

How is the AQHI calculated?

The AQHI is calculated based on the relative risks of a combination of common air pollutants that is known to harm human health. These pollutants are:

- Ozone (O₃) at ground level,
- Particulate Matter (PM_{2.5}/PM₁₀) and
- Nitrogen Dioxide (NO₂).

What is the scale for the AQHI?

The AQHI is measured on a scale ranging from 1-10+. The AQHI index values are grouped into health risk categories as shown below. These categories help you to easily and quickly identify your level of risk.

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- 1-3 Low health risk
- 4-6 Moderate health risk
- 7-10 High health risk
- 10 + Very high health risk

The following procedures are to be followed depending on the Air Quality Index.

Air Quality Category	Message	Action for Events
Good Visibility: 15kms and Up AQHI 1-3	Ideal air quality for outdoor activities	Ideal conditions for an event
Moderate/ Unhealthy for Sensitive Groups Visibility: 5-14kms AQHI 4-6	Be aware of health effects of smoke and related symptoms	Be aware of health effects of smoke and related symptoms
Unhealthy Visibility: 2.5-4kms AQHI 7	Reduce or re-schedule strenuous activities, especially if you experience symptoms	Consider reduction of length of events and/or cancellation junior and younger events. Consider delaying the start of the event for up to 2 hours Cancel event based on the forecast Provide warning to competitors with respiratory issues
Unhealthy Visibility: 2.5-4kms AQHI 8	Re-schedule strenuous activities.	Cancel event Cancel Junior Events
Very Unhealthy Visibility 1.5-2kms AQHI 9-10	Avoid prolonged strenuous activities and stay indoors if possible	Cancel all events and training
HAZARDOUS Visibility: < 1.0km AQHI 10+	Avoid all strenuous activities and stay indoors	Cancel all events and training

*Unfortunately, there are some areas in the province where there are no air quality monitoring stations. It will

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be up to the Chief Commissaire, TD and Organizer to consider other factors. Factors to take into consideration are, presence of smoke, regional air quality conditions, forecasted air quality conditions and visibility.

Decisions around cancelling/postponing events?

At any point where a decision is to be made regarding postponing, shortening or cancelling a race, the decision will be made by the Chief Commissaire, SCA Technical Delegate and the Organizer. If they choose to start an event, either on time or through postponement, the race may still be cancelled at anytime if the conditions become dangerous by either their decision, or the air quality reading becomes 8 or higher.

EXTREME HEAT GUIDELINES

With high heat temperatures across Saskatchewan all clubs must take precautions to ensure all members are safe. It is the responsibility of the club executive, coaches, and ride leaders to monitor local temperatures and decide exactly which precautions must be taken- including the cancelling of any race or ride.

Extreme Heat Activity Chart

HUMDEX VALUE	DISCOMFORT AT REST	RISK OF OVERHEATING DURING EXERCISE	ACTIVITY MODIFICATION
Below 24C	None	Low	N/A
25C to 29C	None	Low to Moderate	Consider shorter rides, especially for young riders
30C to 34C	Some	Moderate- Athletes should be monitored	Shorter rides, longer breaks between motos, water breaks
35C to 39C	High	High- Athletes should be monitored closely	Consider cancelling racing. Practises, or easy rides only. Make sure there are shaded areas for breaks. Have plenty of water on hand
40+C	EXTREME	EXTREME	Activity Cancelled

Preventative Measures

Where possible activities should be scheduled for cooler times of the day.

Ensure that everyone participating has enough water/hydration. Recognize that even well-hydrated athletes can be affected by heat illness.

Plan for plenty of breaks and keep rides shorter

Other factors to consider in determining risk include, but are not limited to:

Not being acclimatized	Fitness Level
Hypo hydration	Hyper hydration
Use of medications or supplements	Certain medical conditions (cardiac, lung)

Early warning signs to consider include but are not limited to:

Flushed face	Hyperventilation or shortness of breath
Headache	Dizziness
Tingling arms	Goose Bumps
Chilliness	Poor coordination
Confusing, agitation, uncooperativeness	

Potential Risks of Extreme Heat Exposure

1. **Heat Cramps**- these are the mildest form of heat trauma and are commonly related to low body sodium and chloride levels.

Symptoms include:

- Weakness
- muscle cramps
- collapse with low blood pressure

Treatment:

- Rest briefly and cool down
- Drink clear juice or an electrolyte-containing sports drink
- Practice gentle, range-of-motion stretching and gentle massage of the affected muscle group
- Don't resume strenuous activity for several hours or longer after heat cramps go away
- See a doctor if cramps don't go away within one hour or so

2. **Heat Exhaustion**- a more severe form of heat trauma.

Symptoms include:

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness

- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache

Treatment includes:

- Stop all activity and rest
- Move to a cooler place
- Drink cool water or sports drinks

Contact your doctor if your signs or symptoms worsen or if they don't improve within one hour. If you are with someone showing signs of heat exhaustion, seek immediate medical attention if he or she becomes confused or agitated, loses consciousness, or is unable to drink. You will need immediate cooling and urgent medical attention if your core body temperature (measured by a rectal thermometer) reaches (40 C) or higher.

3. **Heat stroke is a medical emergency! Call 911 or your local emergency number immediately** if you are caring for someone, such as a running partner, who has a high body temperature and is either unconscious or confused.

While waiting for help - **cool the person right away by:**

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin or clothing; and
- fanning the person as much as possible.

Difficult Weather Conditions

All provincial races should follow the UCI.

UCI Weather Cancellation

In the event of difficult weather conditions (e.g. strong winds, heavy snowfall, temperatures below -15°Celsius) the president of the commissaires' panel may decide to cancel the event, after consulting the UCI technical delegate in case of need and the organiser