

NCCH INCLEMENT WEATHER POLICY

Local weather should be monitored by the Manager/Head Coach or representative, training outdoors will not be held during conditions of thunder and lightning, excessively high winds or in the unlikely event of a possible tornado.

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**

Monitoring & Potential session cancellation

The Head Coach (Road & MTB) will monitor weather in the lead up to a session.

If there is a Weather Alert for Heat, High Winds, Thunder, the session **may** be cancelled.

Notification via email, and Social media will be made 2.5 hrs prior to the session time when possible.

Please ensure you are signed up for NCCH Social Media. (Twitter and Instagram: @ncch01)

Make Up Sessions

NCCH will attempt where possible to conduct 'makeup sessions' for inclement weather, examples below;

- If the Monday Road Session for (MTB B&A) session is cancelled, it will be moved to Thursday (where possible)
- If the Wednesday MTB session is cancelled, the A & B will be moved to the Road session on Thursday, and Recreation/Precomp & C Group MTB will be Thursday

There is no guarantee that make up sessions will be conducted due to coach availability etc, yet every effort will be made