

ADELAIDE HILLS VETERANS CYCLING CLUB

Extreme Weather Policy

Adelaide Hills Veterans Cycling Club have a reasonable Duty of Care to be provided to all riders, officials, spectators and other road users during the course of their cycling events. Whilst individuals respond differently to varying degrees of heat, weather conditions such as extreme heat, electrical storms, high winds, driving rain and flooded parts of event routes can be hazardous to all parties. These events are not common but policy must be in place to deal with these conditions when they occur.

Adelaide Hills Veterans Cycling Club Policy

Review, modification or change of the event course, postponement or cancellation of the event will be based on each, or a combination of each, of the following weather conditions and with the agreement of the Referee and Race Committee in conjunction with the Safety Co-ordinator.

- Extreme heat conditions over 37 degrees have been experienced up to three (3) days before the event and which are forecast to continue throughout the event.
- High winds are forecast during the event to the degree that will endanger safety to the riders and other road users.
- Severe electrical storms are forecast at any time during the event.
- Heavy rain and route flooding are forecast at any time during the event.

Cancellation/Modification of an event will take place on the day before race start, with Race Committee in conjunction with Referee and Safety Coordinator, to make decision regarding the event going ahead/changing route etc. Modification of the event to take into account the weather conditions will be announced at the riders briefing prior to the event commencing.

Cycling in hot conditions

Cycling is a high intensity sport which in hot conditions can lead to dehydration and deteriorate further into heat exhaustion and finally heat stroke.

Drink hydrating liquids regularly throughout your ride; riders are encouraged to carry sufficient water for the event. Continue to drink small amounts of hydrating liquids after your ride to replace lost fluid levels.

In the event of an unusually high heart rate, dizziness, headache, nausea, cramps, confusion or loss of endurance, stop, dismount, sit in the shade off the road, drink and wait for the event support vehicle to catch you up. Additional hydrating liquids can then be given to you to aid your recovery or if necessary a First Aider can be called.