

Lake in the Hills Triathlon Severe Weather Plan

WEATHER DECISIONS CONCERNING THE RACE WILL NOT BE MADE UNTIL RACE MORNING. We have numerous precautions in place to deal with severe weather. The Village's Police Department is equipped with up-to-date weather equipment that can best show bad weather within the area. If we feel a storm is near prior to the race, it will be up to the Race Director, key event officials and LITH Police Department to make weather-related race decisions. This will be communicated by P.A. system to the athletes, spectators, and volunteers. If the race is underway, a new set of plans will take effect.

Key Components of Weather Decision:

1. Ability for lifeguards and boat support to physically get to their guarded areas in a safe manner.
2. Ability of those participating in the race. First timers vs. veterans vs. distance.
3. Weather radar, current and upcoming weather reports

SWIM: If the athletes are in the water and a lightening/thunderstorm breaks out, we have the means to get all athletes out of the water if necessary. This decision will again be made by the aforementioned parties. Once athletes are safely ashore, they will be directed to shelter and informed of the situation.

BIKE/RUN: Once athletes are on the bike and run course, it will be up to course marshals and volunteers to help direct athletes, should a decision be made to stop the race for bad weather. The athletes will be advised to get off the course by aid station volunteers and the law enforcement personnel on the course. **The ultimate decision must come from the athlete however. IF at any time the athlete feels that he/she is in danger, they must take the needed actions to protect themselves.**

Every situation is different, but with our risk-management plan in place, along with the support of over 12 safety officers and 50 volunteers, we feel we can actively communicate any emergency to our athletes. The communication between these members is critical, and we will do everything we can to make sure everyone involved will have a safe day.

Again, weather-related decisions are made on race morning. Plans are in place to delay the race or, if necessary change the race type. These decisions will be made when and if the weather issues arise.

Pre Race Weather Challenge

Decision Time line:

6:00 a.m.

Race Director to check Police Doppler Radar

Race Director, Police HDQ, Swim Coordinator to determine next move

Announcement made of the decision

Delay Event:

- 15 – 45 minute delay
 - Police HDQ - Contact all Police Dept.
 - Police HDQ - Contact all Fire Dept.
 - Race Director to contact all Coordinators, Timing Company
 - All coordinators to contact Volunteers/Staff on course, T2 coordinators
 - Swim Coordinator – Contacts Lifeguards, announcer, swim Transition (T1) coordinator and volunteers on site.

- 45 – 1 hour delay
 - Race Director, Police, Swim Coordinator to determine if swim is to be cancelled based on Police O.T. and traffic issues and the ability to secure participants in a safe location.

- Swim Cancelled:
 - Waves will go off every 15 minutes
 - Waves will line up from the finish line shore – run to T1.

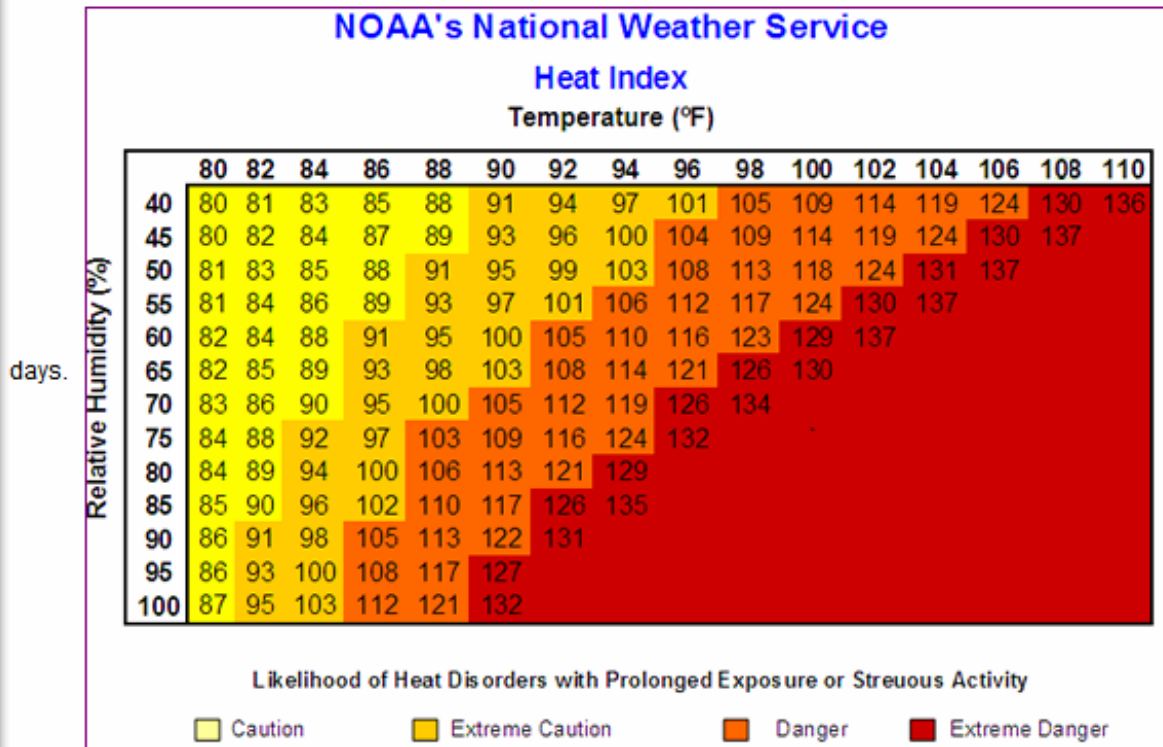
During Race Cancellation procedure:

Swim has started: Guards will whistle for swimmers to take shelter either on shore, in a boat or swim to the nearest shelter.

Bikers on the course: Shelter for riders would include: any home along the route, Haligus Road Fire station, Sunset Park picnic shelters.

Runners on the course: Residential homes, Village Hall, and gazebo at Ken Carpenter Park.

To find the heat index, look at the [Heat Index Chart](#). As an example, if the air temperature is 96°F (found on the top of the table) and the relative humidity is 65% (found on the left of the table), the heat index—how hot it feels—is 121°F. The National Weather Service will initiate alert procedures when the Heat Index is expected to exceed 105°- 110°F (depending on local climate) for at least 2 consecutive



IMPORTANT: Since heat index values were devised for shady, light wind conditions, **exposure to full sunshine can increase heat index values by up to 15°F.** also, **strong winds**, particularly with very hot, dry air, can be extremely hazardous.

The Lake in the Hills Triathlon will use the NOAA's National Weather Service Heat Index chart as an event heat guide. Once the combination of heat and relative humidity has reached 105 degrees the event will be shut down.

Event Alert System Implementation

A color-coded Event Alert System (EAS) will communicate the status of course conditions to participants leading up to and on event day. The levels range from LOW (Green) to Moderate (yellow) to High (red) to Extreme (black) based primarily on the weather, as well as other conditions.

The EAS will be posted on the website and emailed to all participants for their review. They should familiarize themselves with the EAS prior to the event, remain alert for direction from event officials and announcers and take precautions to prepare properly for varying weather conditions on the day of the event.

GREEN (LOW)

We anticipate optimal conditions for participants; we anticipate dry road surfaces, moderate temperatures and humidity levels.

YELLOW (MODERATE)

This means weather conditions **potentially affect your performance**. Most likely this would include light rain or road conditions, high temperatures, humidity or a combination of rain and low temperatures. Athletes should exercise caution and include additional hydration, slow their pace, be cautious on wet roads, and be prepared for worsening conditions.

RED (HIGH)

This means weather conditions are hazardous and athletes should slow down, observe course changes, follow event official instructions and consider stopping. Heat indexes pushing over 100 degrees would indicate a Red level. Athletes may need to seek safety areas and wait for weather to improve or until a help has arrived. Changes could be due to inclement weather based on rain temperature and /or humidity. The status is changed to RED whenever lightning strikes; the status returns to YELLOW after 20 minutes without additional lightning strikes.

BLACK (EXTREME)

This means weather conditions are too hazardous and not expected to improve enough to allow for the safety of all participants' thus the day's event has been **cancelled**. If the event status changes to "black" during the event, seek shelter along the course, with course marshals, or secured areas. Those who remain on the course will do so at their own risk.

Event Alert System table:

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELLED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/ FOLLOW EVENT OFFICIAL INSTRUCTION
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/ FOLLOW EVENT OFFICIAL INSTRUCTION/ CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT/ BE ALERT