

Audax Australia Cycling Club

Extreme Conditions Policy: Heat



Strenuous exercise, especially in hot weather, increases the risk of heat illness, which can lead to the more serious and potentially life-threatening conditions. Risk management of club rides is the responsibility of Audax Australia, Ride Organisers who organise rides on behalf of the club, and riders. All members are urged to consider that extreme conditions of temperature have the potential to put the lives of both riders and ride support crews at risk and could lead to injury or loss of life. Assessment of the weather forecasts at the time an event is scheduled is essential.

While other extreme conditions are not specifically covered in this policy, the Audax Australia Cycling Club recognises the risks of extremes of cold weather, rain and flooding, wind or storms and recommends that riders and ride organisers consider all risks before commencing or organising a ride.

1.0 Heat

The following table summarises conditions under which rides can be run and in forecast¹ temperatures above 33 °C the conditions under which they may be run.

	Ride distance 200km or more	Ride distance Less than 200km
Maximum forecast temperature is above 38 °C	All unsupported rides shall be cancelled or postponed. Supported rides may only be run with significant extra support and control ² .	All unsupported rides shall be cancelled or postponed.
Maximum forecast temperature is between 38 °C and 33 °C	Supported and unsupported rides may run with additional safety considerations² .	Supported and unsupported rides may run – no additional safety considerations required.
Maximum forecast temperature is 33 °C or lower	Supported and unsupported rides may run – no additional safety considerations required.	Supported and unsupported rides may run – no additional safety considerations required.

1. Bureau_of_Meteorology (BOM) forecasts shall be the primary source for weather information. The BOM have developed an interactive online mapping tool called MetEye, which shows 7-day weather forecasts for all locations across Australia. It is strongly recommended that club officials and ride organisers familiarise themselves with the use of MetEye. Reference: <http://www.bom.gov.au/australia/meteye/>
2. **Although not generally recommended, supported rides over 200km may continue under extremely hot conditions** provided additional support can be provided for both riders and support crews. This support could include: changing starting times to reduce exposure to the hottest times of the day; increasing the provision of cold water, shelter and; making checkpoint opening times later (to encourage slower riding, longer rests and therefore less exertion), and the provision of a suitable sag wagon.

2.0 Making the decision

The decision to cancel, postpone, suspend or modify rides will be the responsibility of Regional President and the consultation associated with the process shall involve the following:

- Ride Organisers
- Regional President and/or Regional Calendar Coordinator if the President is not available.

3.0 Communication & Notification

Modification, rescheduling or cancellation of a ride will be made at the earliest possible opportunity before a scheduled ride or planned permanent. Ideally this shall be not more than two days before the planned date of a ride. The following modes of notification shall be considered:

- Ride Organiser can email or phone riders who have booked or expressed an interest in the ride.
- The online calendar entry for the ride shall be modified at the earliest opportunity.
- Decisions shall be posted on Facebook and other web pages that have used to publicised the event.
- Messages shall be sent to the Audax chat list.