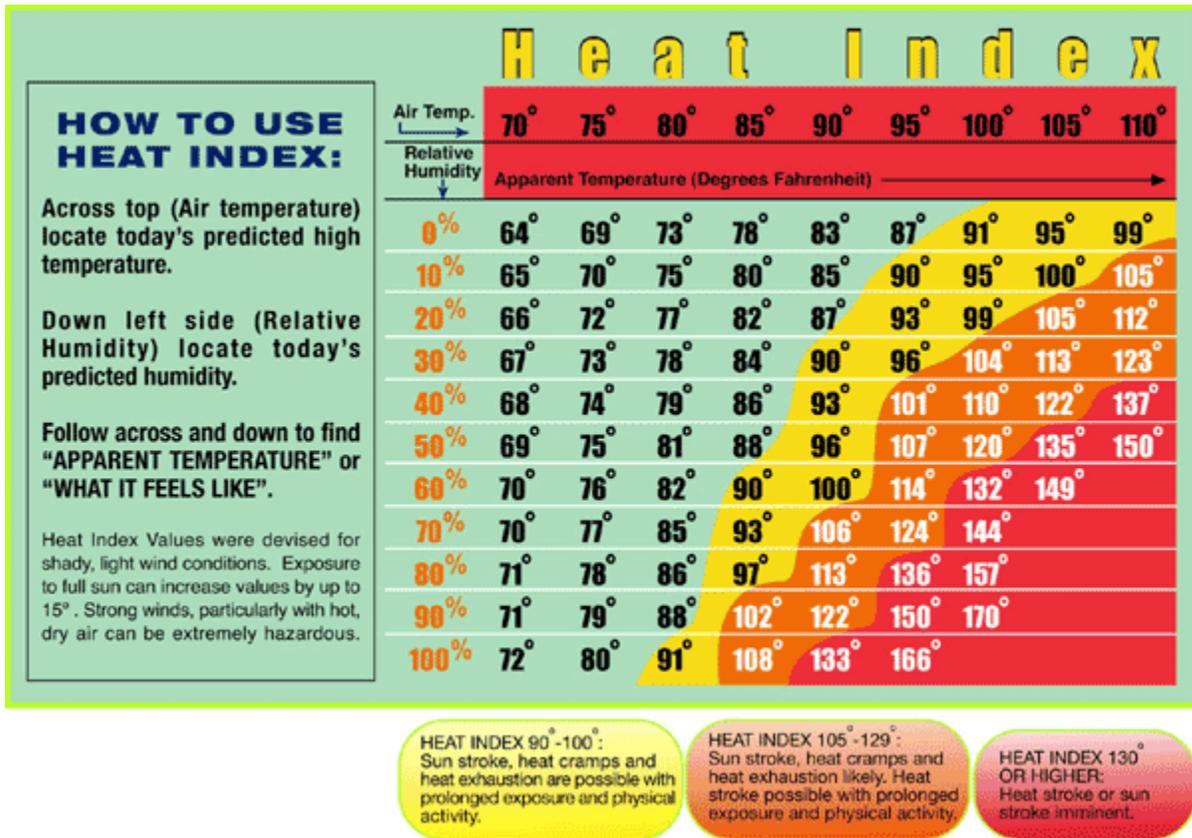


Extreme Heat or Temperature – July 21, 2019



If race day is significantly hotter than the preceding days, or if the few days leading up to and including race day are extremely hot, then the risk of exertional heat stroke is much increased. There is the possibility that as athletes will either not be acclimatised or else they may start the race already dehydrated from previous heat exposure. If this is the case, the following activity and awareness activity will take place:

- Announcements leading up to race day warning participants of heat risks and recommending hydration increase leading up to the event
- Pre-race announcements of current temperature and heat index and recommend pre-race hydration
- If Heat index >80- 88 pre-race and expected to be the same or increase during the race, athletes will be advised of heat risk and given option to change distance pre-race.
- If Heat index >88 pre-race and expected to be the same or increase during the race, the Challenge distance run will be modified to a 5K. Athletes will not be able to start a 2nd lap.

During the event, a graded flagging system based on the Heat Stress Index (HSI) has been devised. According to this system:

- Black flag (extreme risk, HSI > 88): If cancellation is not possible participants will be advised of the risks and not to compete.
- Red flag (high risk, 80 > HSI > 88): All runners will be made aware that heat injury is possible. Those susceptible to heat will be advised not to compete and all runners urged to slow their pace and hydrate adequately.
- Yellow flag (moderate risk, 72 > HSI > 80): Participants with high risk for heat stroke will be recommended that they withdraw.
- Green flag (low risk, 72 > HSI)