

InTraining Program: Weather Guidelines

Sometimes, there are weather events beyond our control. We never know what training day will bring, and this includes rain or snow. Clinic Mentors always use their own best judgement if they want to try to run their clinic or not. Regardless of the weather, there will be a Clinic Mentor present at a group practice.

Training is not mandatory. In general, clinics will take place in the rain, and maybe in snow but not lightning, heavy winds, floods, heavy fog, smoke from forest fires, bad air quality, frost/ice, (it depends on intensity and temperature, please see below for SMBC weather guidelines).

If there is a threat of more severe weather, SportMedBC (SMBC) is dedicated to ensuring the safety of all participants, volunteers, and clinic mentors. If inclement weather rolls through while in the middle of a clinic, the group will take temporary shelter where available and assess the safest way to get back to the host location.

Every attempt will be made to send out an announcement 2 hours before the start time. Remember to dress in layers, wear gloves, and bring clothes to "stand around in" before and after training.

Definition / Procedure

Lightning: The rule for assessing the risk is known as the 30/30 rule. For every three second delay between a lightning flash and audible thunder associated with the flash equates to approximately one kilometer. When lightning is within 10km, therefore 30 seconds between the 'flash and bang', it is recognized as an approaching risk and the Instructor/Mentor should prepare to move people to safe areas. All people should be within safe areas when the lightning is within 5km, therefore 15 seconds between 'flash and bang'. Clinics may cease up to 30 minutes after the last lightning or thunder event before re-commencing.

Rain: The Clinic will take place in the rain if the temperature is greater than 0 C. The threshold increases as the intensity of rain. If there is more than 100mm expected during the day of the clinic, the clinic should be canceled in accordance with:

https://weather.gc.ca/past_conditions/index_e.html?station=yvr

Chart: <https://www.eoas.ubc.ca/courses/atsc201/A201Resources/RadarStormInterpTutorial/RadarReflectInterp.html>

Snow/Frost/Ice: Contractors are asked to check out the paths ahead of time to decide upon cancellation. Road conditions are bad, no practice.

Cold: Group sessions can be cancelled if the predicted wind chill is below -15 C . (The threshold has been known to go lower as a cold snap is extended.)

Reference: [Winter fitness: Safety tips for exercising outdoors - Mayo Clinic](#)

Chart: https://www.candac.ca/candac/Outreach/Teacher_Resources_Index/tri/31.pdf

Heat: Should be shortened/adjusted for heat/humidity if temperature is greater than 30 C , and cancelled if above 32 C or 39 C with the humidex

Reference: [When Is It Too Hot For Intense Exercise? - canfitpro](#)

Air Quality: Based on the Air Quality Health Index (AQHI). If the AQHI is greater than 7 as per: https://weather.gc.ca/airquality/pages/provincial_summary/bc_e.html - the Clinic should be canceled

Heavy Wind: Wind with sustained speeds of 65 km/h is considered Heavy wind. If the wind is to that level, the clinic should be canceled in accordance with:

https://weather.gc.ca/past_conditions/index_e.html?station=yvr