

<b>SILVER SPOKES CYCLING CLUB</b>	<b>Revision 0</b>
<b>LIGHTNING AND ADVERSE WEATHER POLICY</b>	<b>April 2019</b>

## **1. Definitions**

“SSCC” – The Silver Spokes Cycling Club

“Member” – An individual who has chosen to join the SSCC and has fully paid the annual fee

“Participant” – An individual who is taking part in an SSCC cycling event

“Ride Leader” – A Participant who has been designated by SSCC to be in charge of a SSCC group ride

## **2. Purpose**

This policy defines circumstances under which SSCC rides will be delayed or cancelled due to lightning or other weather risks, and actions to be taken should severe weather occur during a ride.

## **3. Responsibilities**

The SSCC Ride Leader will be responsible for making decisions regarding delay/stoppage of a ride due to thunder, lightning, or other extreme weather patterns.

## **4. Before the Ride Starts**

- a) Local weather should be monitored by SSCC Ride Leaders and Participants. Any Weather Warnings issued for areas in the ride location will be taken into consideration by the Ride Leader.
- b) SSCC Sanctioned rides will not be held during conditions of thunder and lightning, excessively high winds, or in the unlikely event of a possible tornado.
- c) In the event of thunder or lightning prior to the start of the SSCC Sanctioned Ride, the ride will be put on “Hold.”
- d) Thirty minutes must pass from the last clap of thunder or flash of lightning before riders may begin the ride. The next occurrence begins a new 30-minute cycle.
- e) No outdoor activities will be initiated when thunder and/or lightning is present.

## **5. During a Ride**

- a) If thunder and lightning occur once activities have started, utilize the “flash-to-bang” method for determining the distance of lightning: Count the number of seconds between seeing the lightning and hearing the clap of thunder. The time in seconds between “flash to bang” divided by 3 equals (approximately) the distance

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away in kilometers. For example, if the time from flash to bang is 30 seconds then the storm is  $30/3 = 10$  km away.

- b) A rough rule of thumb is lightning that is closer than 10km poses a risk to participants. **Therefore, if the time between “flash to bang” is 30 seconds or less it is time to stop the event and seek a safe shelter.**
- c) A *safe shelter* is defined as a sturdy building that has metal plumbing or wiring, or both, to electrically ground the structure. A shed or a shack is not a safe shelter. Stay away from tall or individual trees, lone objects (flagpoles), metal objects, standing pools of water, and open fields. If no shelter is available, crouch low, with as little of your body touching the ground as possible. Avoid close contact with others by maintaining a distance of 15-20 feet.
- d) Allow 30 minutes to pass after the last sound of thunder or sight of lightning before resuming any outdoor activities, **including walking outside of your shelter.**