



# MANITOBA CYCLING

## LIGHTNING POLICY

Local weather should be monitored by the event organizer/club representative and events will not be held during conditions of thunder and lightning, excessively high winds or in the unlikely event of a tornado.

The Manitoba Cycling Association highly recommends that each event have a **daily weather update** posted in strategic positions throughout the registration and entrance area.

Participants and commissaries will be informed of these policies, and the following policy is posted in multiple areas.

In the event of thunder or lightning the course will be evacuated, and shelter found. Thirty minutes must pass from the last clap of thunder or flash of lightning before riders may resume their competition. The next occurrence begins a new 30-minute cycle.

No outdoor activities will be initiated when thunder and/or lightning is present.

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. If the time between “flash to bang” is 30 seconds or less, it is time stop the event and seek shelter. A rough rule of thumb is lightning that is closer than 10km poses a risk to participants. The formula is the time between “flash to bang” divided by three equals the distance away in KM. For example, if the time from flash to bang is 30 seconds, then the storm is 10 km away. For example, 30 seconds / 3 = 10km.

The storm’s distance and your location will determine when there is a need for evacuation to a safe shelter. 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. Avoid close contact with others by maintaining 15-20 feet.

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**

The Chief Commissaire in consultation with his partners will be responsible for making decisions regarding stoppage/delay/evacuation due to thunder, lightning, or other extreme weather patterns.