

Race Cancellation Policy and Racer Instructions

1. Cancellation Policies
 1. Flag System
 1. Green: Favorable conditions, race as normal
 2. Yellow: Unfavorable conditions, race at your own risk or discretion
 3. Red: Race canceled, abandon race, seek appropriate shelter
 2. Lightning
 1. High risk: flash to bang less than 15 seconds
 2. Moderate risk: flash to bang between 15-30 seconds
 3. Low risk: flash to bang greater than 30 seconds
 3. Hypothermia/Frostbite
 1. moderate risk at -15 degree windchill
 1. 25 degree ambient temp. with 25 mph winds
2. Decision Process
 1. Race Communications Operator will monitor weather electronically
 2. Electronic weather updates relayed to organizers if concerns
 3. Organizers will communicate via cell phone with cancellation concerns
 4. Cancellation
 1. Communications chain
 1. Event organizers make cancellation decision
 1. Race Director calls RCO
 2. RCO calls Sector Captains
 3. RCO contacts Police on course
 4. RCO calls Aid Station Captains
 5. Sector Captains physically notify Aid Stations
 6. Sector Captains physically notify pointers, misc. volunteers
 7. Aid Stations place Red Flags at station indicating race cancellation
 8. Runner Notification
 1. Red Flags at Aid Stations
 2. Aid station volunteers, pointers, and police verbally notify runners
 3. Sector Captains sweep course

Racer Instructions

1) Cancellation Procedures

1. A flag system will be utilized at aid stations indicating the status of the race.
 1. Green flag
 1. Favorable conditions, race as normal
 2. Yellow flag
 1. Unfavorable conditions, race at your own risk or discretion
 1. **You are responsible to ensure your own safety in unfavorable conditions**
 2. When conditions are safe, return timing chip to finish tent
 3. Red flag
 1. Race canceled, abandon and seek safe shelter
 1. **You are responsible to ensure your own safety in cancellation conditions**
 2. When conditions are safe, return timing chip to finish line

1) Medical/Voluntary Abandonment Procedures

1. If you are having medical problems or cannot continue with the race adhere to the following guidelines:
 1. If you are having a serious medical problem, alert nearby runners, and take whatever steps necessary to ensure your immediate safety
 1. continue to alert passing runners
 2. await for staff/medical to arrive
 2. If you are having a minor medical problem or wish to voluntarily abandon the race, attempt to make it to the nearest aid station where assistance can be provided
 1. If you are not able to continue to an aid station, alert passing runners and wait for staff/medical assistance.

1) Encountering a medical or abandonment situation

1. If you encounter a medical or abandonment situation while racing:
 1. Gather as much information as possible about the situation and status of the racer
 1. Location
 2. Bib Number
 3. Gender/approximate age
 4. Chief Complaints
 5. Description of problem/situation
 2. Ensure staff at the nearest aid station are thoroughly informed as soon as possible
 3. **Provide care only within your scope of training**