

PG Road Runner Environmental & Weather Guidelines for Events and Races

The PGRR club strives to inspire city residents to explore our neighbourhoods and area trails by hosting weekly group runs designed for all running abilities. This includes running clinics; and seasonal race events - both road and trail. These are offered to people of all abilities and ages.

It is essential to recognize that all sporting events carry inherent risks. Outdoor activities have risks related to the environment & weather. Weather dynamics have a limited level of predictability. As a result, our events, clinics, and races may be subject to PGRR changes/decisions on the day of – or at the time of the event.

We also encourage people to make their own personal decisions that are right for themselves. It is important that you monitor your symptoms and related health effects. Ultimately, you are the person who best knows how you are doing.

1. Air Quality

The topic of air quality has become more prevalent in relation to climate change and resulting forest fire smoke. The Air Quality Health Index (AQHI) gives a number from 1 to 10+.

AHQI	Air Quality Health Risk	At-Risk Population	General Population	PGRR Event Guidelines
1-3	Good Low Risk	Ideal air quality for outdoor activities and events		
4-6	Moderate Risk or Unhealthy for Sensitive Groups Moderate Risk	Be aware of health effects of smoke and related symptoms. Consider reducing or rescheduling hard activities outdoors if you are experiencing symptoms.	No need to change usual outdoor activities unless you experience symptoms such as coughing and throat irritation.	Participants should monitor health effects of smoke and related symptoms. If participants experience symptoms such as coughing, throat irritation, or other health concerns, we recommend they should not continue with the event/race (DNF – Did Not Finish); inform the event leader or race officials; and consider seeking medical attention.
7-8	Unhealthy High Risk	Reduce or re-schedule strenuous activities - especially if you experience symptoms.	Consider reducing or rescheduling hard activities outdoors if you experience symptoms such as coughing and throat irritation.	PGRR event group runs and events will be cancelled when the AHQHI is 7 or higher.
9-10	Very Unhealthy High Risk	Children and the elderly are more at risk. Avoid prolonged strenuous activities and stay indoors if possible.		
10+	Hazardous Very High Risk	Avoid all strenuous activities and stay indoors.	Recommend reducing and/or rescheduling hard activities outdoors.	

	Children and the elderly should also avoid outdoor physical exertion.	
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2. Inclement Weather

Events may be suspended or cancelled due to thunder, lightning, hail, etc.

3. Heat Considerations

The heat index is affected by air temperature, relative humidity, and wind speed. The evaporation of sweat from the skin's surface is the cooling mechanism to allow you to release the heat that is being produced by working muscles. Being ill prepared can result in dehydration and heat exhaustion. Symptoms include weakness, dizziness, visual disturbances, intense thirst, nausea, headache, palpitations, and collapsing.

We recommend participants monitor themselves for these symptoms; and recommend they should not continue with the event/race based on those symptoms or other health difficulties (DNF – Did Not Finish); inform the event leader or race officials; and consider seeking medical attention.

It is important that individual participants arrive at events and races with an appropriate level of pre-exercise hydration and adequate hydration for consumption during physical activity/event. This may include water and/or drinks containing a combination of carbohydrates, electrolytes, and other supplements. Continuing with hydration/electrolytes after running can also help prevent or alleviate delayed onset of muscle cramping.

Heat Index	Athletic Activity Guidelines
- 25°C or Colder	- PGRR event group runs and events will be cancelled when the cold feels like -25°C or colder.
Less than 27°C	- Unlimited activity. - Standard rest breaks and fluid consumption is encouraged
27-32°C (Caution)	- Scheduled rest and fluid breaks. - New or unconditioned athletes should closely monitor their symptoms during exertion. - PGRR may recommend limited participation of individual members. - PGRR may reduce distances/lengths; delay start times; or postpone/cancel events.
32-41°C (Extreme Caution)	- Dehydration, heat cramps, and heat exhaustion are possible. - Prolonged exposure could result in heat stroke. - New/Unconditioned athletes should not participate. - Athletes who are not pre-hydrated or do not have their own adequate hydration for the event should not participate.
41-54°C (Danger)	- PGRR event group runs and events will be cancelled when he heat feels like 32°C or warmer.
Over 54°C (Extreme Danger)	

4. Cold Weather Considerations

The PGRR Club continues to hold weekly running events during the winter season. Running in the winter is enjoyable if you are appropriately prepared. It is important to remember there are diminished

daylight hours from fall into spring. Black clothing makes it difficult to be seen by vehicle drivers. We recommend you wear reflective/high visibility clothing and/or running lights.

Once temperatures drop below 0°C, there are icy conditions. Please consider using running cleats to avoid slipping and assist with traction.

Bare skin not only loses heat but is also susceptible to damage/injury from exposure. We recommend you dress in layers (synthetic or wool); have the appropriate gloves/mittens; and head/ear covering.

The above Guidelines has been prepared in consideration of the [BC Athletics Extreme Environmental Conditions Guidelines for Training and Competition](#), We encourage you to review that document and our PGRR Participation Guidelines for Children in Our Race Distances.