

When THUNDER IS HEARD or LIGHTNING IS SEEN:

- Activity MUST be suspended for 30 minutes.
- Seek shelter in a safe, enclosed space.
- Activity may resume 30 minutes after the last thunder or lightning is observed.

EXTREME HEAT:

- You can use any weather app to find temperature & relative humidity.
- Follow the chart below to determine if it is safe to continue outdoor activity.
 - Activity should be canceled in case of Danger & Extreme Danger.
 - Consider rescheduling activity during Extreme Caution to an earlier or later time of day to avoid heat.
- Always allow rest breaks and provide plenty of water to participants.

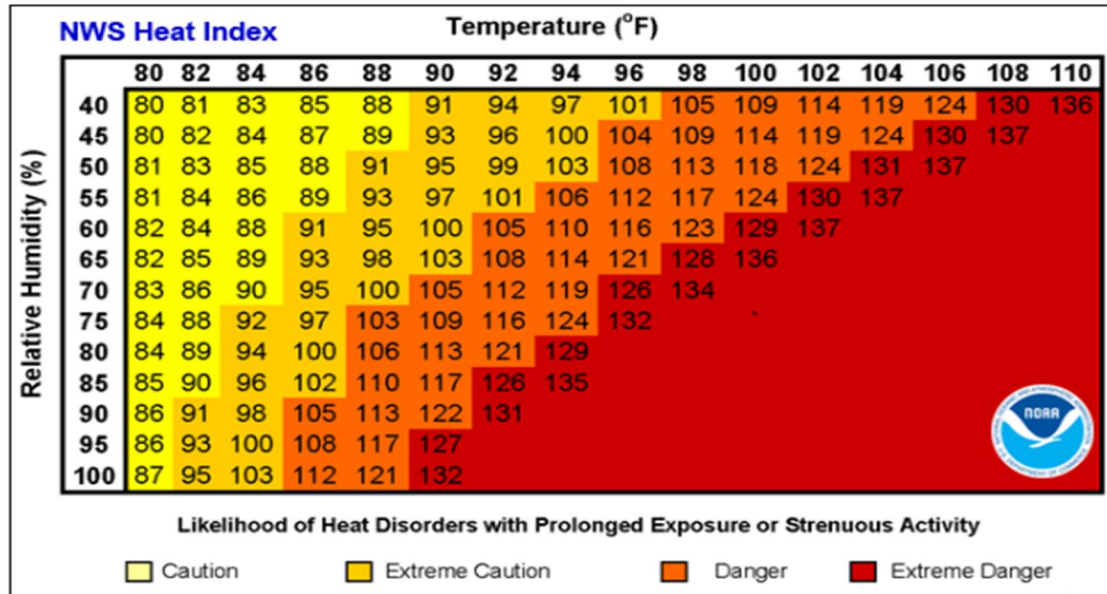


Figure 1. Heat index chart.

EXTREME COLD:

- Follow the chart below to determine if it is safe to continue outdoor activity.
 - Outdoor activity should be canceled if frostbite time is 30 minutes or less.
 - Consider moving to an indoor facility in case of extreme cold.

