



**Team Captain  
Weather & Safety Card**







## **BEFORE EVERY RUNNER STARTS ENSURE:**

- ✓ Weather appropriate clothing
- ✓ Dry clothes ready at exchange
- ✓ Food & fluids available
- ✓ Runner feels safe to continue

When unsure → add the layer.

## **WATCH YOUR RUNNER**

**STOP & ASSIST** for:

-  Confusion
-  Stumbling/loss of coordination
-  Slurred speech
-  Chest pain
-  Severe shivering
-  Heat illness symptoms

Teams have authority to remove a runner.

## **NO CELL SERVICE!**

**Expect limited communication.**

Updates may come from:

- ✓ Exchange volunteers
- ✓ Race vehicles
- ✓ Officials

If you receive no updates:

Use conditions around you and protect your runner.

## **TEAM VEHICLE MUST-HAVES**

- Dry clothing
- Warm jacket
- Gloves/toque
- Rain shell
- Blanket
- Water/electrolytes
- Food
- First aid kit

**Respect the mountains.  
Protect your teammates.  
No split time is worth a medical emergency.**

## **WEATHER LEVELS**

### **GREEN — Normal Conditions +5°C to 25°C**

- ✓ Race proceeds normally
- ✓ Monitor runners
- ✓ Prepare for changing mountain weather

### **YELLOW — Increased Awareness** 0°C to 5°C • rain/snow • cold • wind • 25°C+ heat

#### Runner should have:

- ✓ Gloves/toque available
- ✓ Wind/rain layer available
- ✓ Proper hydration

#### After leg:

- ✓ Meet runner immediately
- ✓ Change wet clothing
- ✓ Warm/cool as needed

### **ORANGE — Extreme Conditions** Below 0°C • heavy snow • strong wind • poor visibility • 30°C+ heat

Increase monitoring. Consider delaying or stopping your runner.

#### Recommended:

- ✓ Jacket/shell
- ✓ Gloves/head covering
- ✓ Emergency warm layer

Race may be modified.

### **RED — Race Hold / Stop**

#### Possible causes:

- unsafe highway conditions
- severe storm/lightning
- wildfire/smoke
- emergency access concerns
- 

Follow Race Officials, Parks Canada, or RCMP instructions.