

# Aurora BayCare High Cliff Triathlon

## Race Conditions – Flag Color System

Flag Color	Risk Level	Explanation
<b>BLACK</b>	Extreme Risk	<ul style="list-style-type: none"> <li>• <b>DANGEROUS CONDITIONS</b></li> <li>• Race will be cancelled or suspended due to extreme weather, emergency, or human disaster until further notice from race officials</li> <li>• The race will not start, the timing system will be turned off, or a new cut off time will be established</li> <li>• Participants should discontinue participation and seek shelter immediately</li> </ul>
<b>RED</b>	Extreme Caution	<ul style="list-style-type: none"> <li>• <b>PROCEED AT YOUR OWN RISK</b></li> <li>• High risk for heat stress</li> <li>• Experienced participants should slow pace and increase hydration</li> <li>• Beginner participants should consider not participating</li> <li>• Participants not acclimated to hot and humid conditions, those with previous heat stress, or those with pre-existing medical conditions should consider not participating</li> </ul>
<b>YELLOW</b>	Caution	<ul style="list-style-type: none"> <li>• <b>PROCEED WITH CAUTION</b></li> <li>• Moderate risk for heat stress</li> <li>• Participants should consider slowing pace and increasing hydration</li> </ul>
<b>GREEN</b>	Low Risk	<ul style="list-style-type: none"> <li>• <b>NORMAL CONDITIONS</b></li> <li>• Low risk for heat stress</li> <li>• Participants should be aware of symptoms of heat stress</li> <li>• Participants should be aware of changing weather conditions</li> </ul>
<b>WHITE</b>	Risk of Hypothermia	<ul style="list-style-type: none"> <li>• <b>COLD, WET, OR WINDY CONDITIONS</b></li> <li>• Low risk for heat stress</li> <li>• Risk for hypothermia exists, specifically in slow participants or those with pre-existing medical conditions</li> </ul>