

# Calgary Lawn Bowling Club

## Severe Weather Protocol



### Purpose

The Calgary Lawn Bowling Club's Severe Weather Protocols are designed to ensure that League Coordinator/Drawmasters, Coaches, and Participants delay or postpone activities on the greens to mitigate risks posed by Electrical Storms, Hot Weather or Poor Air Quality.

### Electrical Storms

Participants are responsible for their own safety first and foremost. Follow Appendix B, Lightning Safety and Preparedness.

- At the first sound of thunder or sight of lightning, play will be suspended immediately.
- Watch the skies and listen for thunder. Follow the rule: "When it roars, go indoors!"
- Cease all play on the greens immediately and move indoors.
- Resume play 30 minutes after the last thunder is heard or last sight of lightning.

### Poor Air Quality

These guidelines are based on the Air Quality Health Index (AQHI) from the Alberta Government. The reference site for any decision on air quality is: [Alberta - Air Quality Health Index \(AQHI\) - Environment Canada](#).

#### Health Risk Categories:

AQHI Level	Health Risk	At Risk Population	General Population
1-3	Low	Enjoy your outdoor activities	Ideal air quality for outdoor activities

4-6	Moderate	<b>Consider</b> reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms	<b>No need to modify</b> your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
7-10	High	<b>Reduce or reschedule</b> strenuous activities outdoors. Children and the elderly should also take it easy.	<b>Consider</b> reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
10+	Very High	<b>Avoid</b> strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	<b>Reduce or reschedule</b> strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

\*Unsure if you are at risk? Consult this health [guide to help](#) you determine if you are at risk from air pollution. People with heart or breathing problems are a greater risk. Follow your doctor's usual advice about exercising and managing your condition.

### Decision-Making Process:

The League Coordinator/ Drawmaster will decide to begin or cancel the event, considering:

- Event details (length of the game, age of participant, importance of completing the event, amount of the event left)
- Air quality trends (whether it has been decreasing, increasing, or stable)

### Actions Based on AQHI Levels:

- **AQHI 7:** Trigger for personal safety. Communicate with participants.
- **AQHI 8+:** Plan needed. League Coordinator/Drawmaster decides to begin or cancel play. Monitor air quality continuously. Participants can stop if uncomfortable.

- **AQHI 9+:** Suspend official play.

## **Hot Weather**

### **General Preparedness:**

- Encourage wearing hats or head protection.
- Ensure water and drinks are readily available at hydration stations located around the club.
- Implement a system for monitoring Participants health during play, such as regular check-ins or a buddy system.
- Provide cooling measures such as shaded areas.
- Consider modifying game durations or scheduling practices during peak heat hours to minimize exposure.

### **Guidelines for Hot Weather:**

- At temperatures (including humidex) above 30°C, take a 5-minute break every 20 minutes.
- At temperatures reaching 38°C, suspend all play/competition.

## **Regular Review and Updates**

This protocol will be reviewed annually to ensure it remains current with best practices and changing weather patterns.