

GUIDELINES FOR DELAY, CANCELLATION, OR DISRUPTION OF EVENTS DUE TO SEVERE WEATHER OR NATURAL DISASTER Be Aware—Be Prepared—Get Organized

GUIDELINES FOR DELAY, CANCELLATION, OR DISRUPTION OF EVENTS DUE TO SEVERE WEATHER OR NATURAL DISASTER Be Aware—Be Prepared—Get Organized

USPC does not have a specific set of guidelines for cancellation or delay of events/activities due to all of the different geographic areas, and potential weather issues across the country. Therefore, it is recommended that the regional and local organizers are in the best position to make decisions regarding the cancellation or delay of events/activities.

Above all, USPC expects its leaders, organizers, and members to follow local and state government guidelines in the event specific or pending inclement weather, natural disaster, or accident is forecast or occurs during an event/activity. The safety of our members, volunteers, and mounts is of utmost importance, therefore in the absence of government direction or guidelines, the Safety Committee would like to take this opportunity to present these tips and resources to aid in determining what steps to take.

Before Events/Meetings:

- Be aware of
 - Potential weather or natural disasters that occur in your area.
 - Possible conditions that may influence transportation.
- Potential heat or cold related illness at outside meetings in the summer or winter requires awareness of the
 potential for heat or cold related illness. Don't be afraid to cancel a meeting or event if the weather
 conditions are worrisome.
- Check the weather forecast.
- Check the batteries on your weather radio.
- Communicate and post a copy of the severe weather plan at the beginning of the event/meeting.
- Be prepared to act when weather hits during events/meetings.

During Events/Meetings:

- Follow your severe weather plan.
- Communicate to all participants the progress of weather and what the severe weather plan calls for next.
- Do not call the "all clear" until the weather has completely passed your area.

After Events/Meetings when the Severe Weather Plan was used:

• Evaluate effectiveness and revise the plan.

Guidelines for Extreme Heat:

- See the National Weather Service Heat Index Chart below or use the Heat Index Calculator which can be found at http://www.wpc.ncep.noaa.gov/html/heatindex.shtml.
- If the Heat Index is in the peach zone proceed with caution.
- If the Heat Index is in the yellow zone proceed with extreme caution and consider canceling or delaying the event/meeting until a cooler part of the day.
- If the Heat Index is in the orange or red zones it is recommended that the event/meeting is canceled or delayed until a cooler part of the day.



					~~~			R	elat	ive	Hun	nidit	y (%	6)							
П		5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
- 10	80	77	78	78	79	79	79	80	80	80	81	81	82	82	83	84	84	85	86	86	87
- 8	81	78	79	79	79	79	80	80	81	81	82	82	83	84	85	86	86	87	88	90	91
- 10	82	79	79	80	80	80	80	81	81	82	83	84	84	85	86	88	89	90	91	93	95
- 8	83	79	80	80	81	81	81	82	82	83	84	85	86	87	88	90	91	93	95	97	99
- 12	84	80	81	81	81	82	82	83	83	84	85	86	88	89	90	92	94	96	98	100	10
- 2	85	81	81	82	82	82	83	84	84	85	86	88	89	91	93	95	97	99	102	104	10
- 10	86	81	82	83	83	83	84	85	85	87	88	89	91	93	95	97	100	102	105	108	11
-	87	82	83	83	84	84	85	86	87 88	88	89	91	93 95	95 98	98	100	103	106	109	113	11
- 100	88	83	84	84 85	85	85 86	86	87	89	89	91 93	93 95	97	1900	100	103	106	110	113	117	12
- 100	89 90	84 84	84 85	86	85 86	87	87 88	88	91	91	95	97	100	100	103	100	110	113	117	122	
- 10	91	85	86	87	87	88	89	90	92	94	97	99	102	105	100	103	113	122	122	121	
- 10	92	86	87	88	88	89	90	92	94	96	99	101	105	103	112	116	121	120	120	- EUR	
- 10	93	87	88	89	89	90	92	93	95	98	101	104	103	111	116	170	121	120	100		
- 10	94	87	89	90	90	91	93	95	97	100	103	104	110	114	110	124	120	135	136		
- 12	95	88	89	91	91	93	94	96	99	102	105	100	142	110	122	124	123	1.00	-		
- 100	96	89	90	92	93	94	96	98	101	104	103	112	116	121	126	120	138	145			
- 100	97	90	91	93	94	95	97	100	103	104	110	111	110	125	120	126	110	150			
- 10	98	91	92	94	95	97	99	102	105	100	113	117	123	123	134	144	140	100	10		
. 8	99	92	93	95	96	98	101	104	107	111	115	120	126	130	128	145	163				
- 10	100	93	94	96	97	100	102	106	109	111	118	124	129	136	143	150	158				
	101	93	95	97	99	101	104	100	112	116	121	127	123	140	147	155	100				
	102	94	96	98	100	103	106	110	111	110	124	170	400	144	150	160	12			-	23
1	103	95	97	99	101	104	108	112	116	122	127	160	143	148	157	165		16	2/	71	r
	104	96	98	100	103	106	110	114	119	124	131	137	145	153	161		•	,,	- (	4	L
1	105	97	99	102	104	108	112	116	121	127	110	141	149	152	166	1	ı			200 U	
	106	98	100	103	106	109	114	119	124	130	137	145	153		172	9	ır	10	16	2)	•
- 10	107	99	101	104	107	111	116	121	127	134	141	140		167	-				•		•
- 10	108	100	102	105	109	113	118	123	130	137	144	150		572							
- 10	109	100	103	107	110	115	120	126	138	140	148	157	167	177							
- 18	110	101	104	108	112	117	122	129	696	443	152	167	171		100 EV	Starte.				THE	
- 10	111	102	106	109	114	119	125	131	139	147	156	166	176	1			1		4.	" F	4
П	112	104	107	111	115	121	127	133	142	150	160	170	183	5	III	AR	1	4	1		un
R	113	104	108	112	117	123	129	337	185	154	164	175		5		_		5			7
R	14	105	109	113	119	125	132	140	148	158	168	179			-		1	7		X	2
B	115	106	110	115	121	127	184	143	152	162	173	384	Ų.	- 1	-	-10	9	0	y	. 3	3
ı	116	107	111	116	122	129	137	146	155	166	177			_	- congr	Tee	×	100			_
B	117	108	112	118	124	132	140	189	159	170	181		Ellin	20	Heat	stroke	likely	100			
- 18	118	108	113	119	126	534	142	152	162	174	188				Sunst	noke	musd	e cran	one a	nd/or	hea
H	119	109	114	121	128	136	145	155	166	178			_					Hea		345000	
1	120	110	116	122	130	138	148	158	170	182			Dang	er	with		longed		posun		nd/o
- 10	121	111	117	124	132	141	151	162	174	187						cal ac	sand-American	1000			
1	122	111	118	125	134	113	153	165	178				Extre	me				e cran			
1	123	112	119	127	136	146	157	169	182				Caution					able physic		2000	nige
1	124	113	120	129	138	148	160	1772				1			Fatig	_	ossib	-	of a cu	prolo	nze
- 10	125	114	121	130	140	161	163	176					Cauti	on	0.000	860 B		physic		ACUSTO.	

- The National Institute for Occupational Safety and Health (NIOSH) also provides a Heat Safety Tool App which can be found at <a href="https://www.cdc.gov/niosh/topics/heatstress/heatapp.html">https://www.cdc.gov/niosh/topics/heatstress/heatapp.html</a>.
- If a person or an equine is acclimated to rising heat and humidity as they have conditioned for an activity, they
  can tolerate a higher heat index than a shaggy pony who is seeing the first hot day of spring. We should be ready
  to reduce the expectations of exertion and competition when the conditions we encounter are extreme for our
  mounts and participants.



## GUIDELINES FOR DELAY, CANCELLATION, OR DISRUPTION OF EVENTS DUE TO SEVERE WEATHER OR NATURAL DISASTER Be Aware—Be Prepared—Get Organized

 Some signs of horses in distress in heat include profuse sweating (or not sweating, a serious condition called anhidrosis), body temperature over 102 degrees Fahrenheit, elevated pulse and respiration, panting (fast, shallow respirations), and stumbling. Any of these are reasons to give emergency aid to the mount.

The following Air Temperature chart can be used as a guideline for working with our equine partners:

# If Air Temp °F + % Relative Humidity =

120 or less	Your horse's cooling system is functioning very effectively. You are safe to do all the riding and training you like with no real worries.
120-150	Cooling efficiency is decreasing through this range. Horses will sweat up with work, so make sure they have a chance to rest and cool off over the course of a long ride or heavy work.
150-180	A horse's ability to regulate its temperature is greatly reduced and heat stress is more likely, so be careful. Stick with light work and keep watch for signs of overheating. Make sure to cool your horse down properly afterwards.
180 or more	Your horse has lost the ability to regulate its temperature. Over-working a horse in these conditions can be dangerous, even fatal. Do your horse (and yourself) a favor and take the day off!!

#### **Guidelines for Extreme Cold:**

- See the National Weather Service Wind Chill Chart below.
  - > If the Wind Chill Temperature Index is in the light blue zone, proceed with caution and limit exposure to the elements.
  - ➤ If the Wind Chill Temperature Index is in the medium blue, dark blue, or purple zone it is recommended that the event/meeting is canceled or delayed until a warmer part of the day.
- Studies have shown that horses' lungs can be damaged during strenuous exercise in cold temperatures.





									Tem	pera	ture	(°F)							
	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
	5	36	31	25	19	13	7	- 1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
oh)	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
Wind (mph)	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
P	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
W	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
	60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98
	Frostbite Times 30 minutes 10 minutes 5 minutes																		
	Wind Chill (°F) = $35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$ Where, T = Air Temperature (°F) V = Wind Speed (mph) Effective 11/01/01																		

• There is clear research supporting when equine respiratory tissue is damaged by cold temperatures. We have to make the determination that turbulent air (the act of breathing hard) at 15 degrees Fahrenheit causes damage to the lining of the airways from the nostrils to air-exchanging alveoli deep in the lungs. Fifteen degrees is uncomfortable for people too, so it is recommended to drop exercise to a walk or not ride at 15 degrees or lower.

### **Guidelines for Poor Air Quality:**

- See the United States Environmental Protection Agency Air Quality Index (AQI) below.
  - ➤ If the AQI is in the yellow or orange zone, inform participants that those with a sensitivity may be at risk, those in charge should make accommodations for those who identify that they have a sensitivity. Proceed with caution and consider limiting the level and duration of exercise.
  - > If the AQI is in the red zone proceed with extreme caution and reduce the level and duration of exercise.
  - > If the AQI is in the purple or maroon zone it is recommended that the event/meeting is canceled or delayed until a time of day with improved AQI.

Air Quality Index										
AQI Category and Color	Index Value	Description of Air Quality								
Good Green	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.								
Moderate Yellow	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.								
Unhealthy for Sensitive Groups Orange	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.								
Unhealthy Red	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.								
Very Unhealthy Purple	201 to 300	Health alert: The risk of health effects is increased for everyone.								
Hazardous Maroon	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.								

Air quality is another stress on our horses, just as it is on people. Horses respond to irritants and particulates in their airways by coating the breathing surfaces with mucus. The downside of the protective mucus production is if the irritation continues the horse's body makes more mucus-producing cells and can respond faster and with more mucus every time an irritating situation occurs. Once they make more cells, they never lose them. This is the mechanism of heaves (Recurrent Airway Obstructive, sometimes called Equine Asthma). This physiologic response of the horse is why we need to protect them from smoke, smog, dust, pollen, mold, fungi, and even cold. When air quality is poor for humans, take precautions for your equine partners as best you can.



## GUIDELINES FOR DELAY, CANCELLATION, OR DISRUPTION OF EVENTS DUE TO SEVERE WEATHER OR NATURAL DISASTER Be Aware—Be Prepared—Get Organized

#### **Resources:**

- Federal Emergency Management Agency (FEMA):
- Department of Homeland Security: www.dhs.gov
- American Red Cross: www.redcross.org
- Your State Department of Transportation
  - United States Environmental Protection Agency <a href="http://airnow.gov">http://airnow.gov</a>
- National Weather Service <a href="https://www.weather.gov/">https://www.weather.gov/</a>
- National Institute for Occupational Safety and Health https://www.cdc.gov/niosh
- USPC Rally Organizers Resources <a href="https://www.ponyclub.org/Members/Rulebooks.aspx">https://www.ponyclub.org/Members/Rulebooks.aspx</a>
- USPC Rulebooks- Uniform Officiation Rules https://www.ponyclub.org/Members/Rulebooks.aspx
- USPC Safety Handbook <a href="https://www.ponyclub.org/Volunteers/Safety/">https://www.ponyclub.org/Volunteers/Safety/</a>
- USPC C Level Manual pages 237-239