## Aurora BayCare High Cliff Triathlon

### Race Conditions – Flag Color System

<table>
<thead>
<tr>
<th>Flag Color</th>
<th>Risk Level</th>
<th>Explanation</th>
</tr>
</thead>
</table>
| BLACK      | Extreme Risk       | - **DANGEROUS CONDITIONS**  
- Race will be cancelled or suspended due to extreme weather, emergency, or human disaster until further notice from race officials  
- The race will not start, the timing system will be turned off, or a new cut off time will be established  
- Participants should discontinue participation and seek shelter immediately |
| RED        | Extreme Caution    | - **PROCEED AT YOUR OWN RISK**  
- High risk for heat stress  
- Experienced participants should slow pace and increase hydration  
- Beginner participants should consider not participating  
- Participants not acclimated to hot and humid conditions, those with previous heat stress, or those with pre-existing medical conditions should consider not participating |
| YELLOW     | Caution            | - **PROCEED WITH CAUTION**  
- Moderate risk for heat stress  
- Participants should consider slowing pace and increasing hydration |
| GREEN      | Low Risk           | - **NORMAL CONDITIONS**  
- Low risk for heat stress  
- Participants should be aware of symptoms of heat stress  
- Participants should be aware of changing weather conditions |
| WHITE      | Risk of Hypothermia| - **COLD, WET, OR WINDY CONDITIONS**  
- Low risk for heat stress  
- Risk for hypothermia exists, specifically in slow participants or those with pre-existing medical conditions |