

Aurora BayCare High Cliff Triathlon

Race Conditions – Flag Color System

Flag Color	Risk Level	Explanation
BLACK	Extreme Risk	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • PROCEED WITH CAUTION • Moderate risk for heat stress • Participants should consider slowing pace and increasing hydration
GREEN	Low Risk	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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