

Appendix B: Environmental Conditions Guidance

Wind speed and direction must be assessed alongside tide, group ability, instructor experience, and safety cover. As a general guide, training for early-stage students will normally be limited in sustained winds above 20 knots unless additional control measures are in place. High-level training may proceed beyond this threshold with CI or SI approval.

In addition to wind, the following environmental conditions must also be considered:

Lightning

- All on-water activity must be suspended **immediately** if lightning is seen or strikes are within 5 miles of club.
- Boats should return to shore as safely and quickly as possible.
- Activity may only resume 30 minutes after the last strike in the 5 mile radius

Fog / Poor Visibility

- Training should be suspended if visibility drops to the point where the end of the moorings is not visible from the bridge.
- Instructors must maintain line of sight with all participants.

Tide and Tidal Flow

- Strong tide with light wind may prevent students from making progress or returning safely.
- Wind-against-tide conditions can create steep, choppy water even in moderate wind speeds, especially near channel bends.
- Sessions must be adjusted for tidal strength and timing. Instructors should avoid sending weaker groups into main channels or against fast flows.
- Instructors must factor in drift, grounding risk, and the potential need to tow groups to safe areas.

Extreme Heat or Cold

- Adjust session length, hydration, and clothing requirements:
 - **Hot:** Encourage water bottles, hats, shaded breaks. Monitor for heat stress.
 - **Cold:** Require warm layers, dry kit access, and shorten wet sessions. Monitor for hypothermia.

Heavy, Sustained Rain

- Training may continue, but instructors must assess for:
 - Reduced visibility
 - Lowered morale/fatigue
 - Increased chill and hypothermia risk, especially post-capsize
- Sessions should be shortened or moved ashore if conditions deteriorate.