



## WEATHER POLICY

The Gold Coast Marathon, in the interest of participant safety, will monitor the race day weather conditions to determine if extreme heat or other weather conditions will have an adverse effect on participants of the Gold Coast Marathon and associated events.

The Gold Coast Marathon, through its duty of care to its participants, reserves the right to indefinitely cancel or delay an event/s at short notice in the interest of participant safety.

The Gold Coast Marathon’s hot weather policy is consistent with [Sport Medicine Australia “Hot Weather Guidelines”](#) but participants are reminded that they also have a duty of care to themselves and should only undertake the event if they are adequately prepared and medically fit.

Temperature Degrees Celsius	Humidity	Heat Risk of Illness	Management
15 - 20		Low	Caution required, heat stress can occur
21 - 25	Exceeds 70%	Moderate	Increase vigilance
26 – 29	Exceeds 60%	High	Introduce more water stations and medical personnel, event/s under review
30 – 35	Exceeds 50%	Extreme	Cancellation or postponement of event/s

The Gold Coast Marathon also reserves the right to indefinitely cancel or delay an event/s at short notice in the interest of participant and event safety if weather conditions such as torrential rain, hail, flooding, high winds and lightning pose danger.

To assist participants while running on course, aid stations every 5km will have signage that will indicate the current weather temperature. It’s important that participants acknowledge and adjust to current temperatures to avoid heat related illnesses.

