



Winter Training Policy

Introduction

The purpose of this document is to set out the policy ARNY applies to training through the winter months.

Background

ARNY conducts training operations all year round. There is clear benefit to training in a range of weather conditions in order to understand how riding is affected by them, and how riders should prepare themselves for less-than-ideal conditions and cold temperatures. However, ARNY also has a responsibility to pause training activities when conditions make it unsafe. Sometimes, weather conditions are very clearly unsafe, and it is obvious that riding cannot take place. However, at other times there is a threshold that must be decided on before a decision can be made. The Tutor Team jointly decides when to cancel training operations and they try to give members plenty of notice when doing so.

Reasons for Cancellation

The decision to cancel training is never taken lightly. It must be made, not only based on the forecast for training, but also with the understanding that tutors and associates might be travelling in from locations some distance from York. Weather conditions where riders are starting from might be very different from those in York, and they might also be setting off early to arrive on time.

In addition, even if riding in certain borderline conditions is possible, if there is even a moderate risk of ice, the benefits of training in such conditions are vastly reduced and are outweighed by the potential risks.

- **Snow and Ice** – If there is any risk of snow or ice, ARNY will cancel training. Major roads might be clear or gritted during winter, but many minor roads are not. Coupled with the risk of microclimates the risk of training in such conditions is too high. ARNY will use a general rule that if overnight temperatures are 0 degrees or below, and the forecast at 9am in York is 3 degrees or below, training will be cancelled
- **Other conditions** – Other weather conditions may also lead to cancellation. Forecast of high winds, very heavy rain, fog and flooded roads are examples. The Tutor Team will again make a joint decision in advance of training
- **Weather information Source** – for the avoidance of doubt, the sole source for information on weather will be the Met Office, either via the Met Office app or www.metoffice.gov.uk

Individual Responsibility

Notwithstanding the decisions made by the Tutor Team, it is also the responsibility of every member to make their own assessment on whether they are safe to ride on the day, based on the weather conditions for their journey, and the capabilities of them and their machine. Riders should never feel pressured to make a journey if they are uncomfortable, just because the Tutor Team decide training will go ahead. Similarly, if the Tutor Team decide that training can proceed but a Tutor encounters dangerous conditions during a session, as always, they can take a decision to end that session at any time.

Communication

Communication between the Tutor Team on whether to cancel training will take place on the ARNY Tutor WhatsApp group. Communication out to members if training is cancelled will take place on the Members WhatsApp group.