Iron Fan 2025

Weather Planning

Hosbis y Ddinas
City Hospice
Gofalu am Gaerdydd | Caring for Cardiff

Purpose of Weather Planning

To ensure the safety of participants, volunteers, and staff during walking challenges in the UK when faced with extreme weather conditions such as heatwaves, storms, heavy rain, flooding, low cloud cover, or high winds.

Key Weather Risks in the UK

- Heatwaves (rare but increasingly common, especially in summer – risk of dehydration, heatstroke)
- Heavy Rain & Flooding (slippery terrain, hypothermia risk)
- High Winds (debris, impact on balance)
- Thunderstorms/Lightning (strikes, panic, dangerous open areas)
- Low cloud cover (reduced visibility, slips, hypothermia)

Participant Guidance

- Heat: Carry at least 1L of water per 10km, wear hats, use sunscreen, rest in shade.
- Cold/Wet: Wear waterproofs, thermal layers, and carry dry spares.
- Wind/Storms: Avoid open high ground – limit will be placed for safety prior to the summit of Pen-y-Fan. Avoid temporary structures (gazebos, tents) and return to National Trust information centre to register/de-register from walk.
- Lightning: Follow the 30–30 rule seeking shelter in the National Trust information centre if thunder follows lightning within 30s; wait 30 mins after last thunder to restart challenge.

On-the-Day Monitoring

- Sarah-Jane Griffiths and Nicky Piper will be the assigned as Weather Safety Officers to monitor live updates (Met Office, Environment Agency flood alerts).
- City Hospice will keep a communications chain (radio, phone, WhatsApp groups) between marshals and volunteers. Marshals will be stationed along the route and at the summit to ensure safety of participants.
- Terrain will be reviewed at checkpoints and surrounding areas frequently (mud, flooding, fallen debris, slip and trip hazards). Participants will be advised to be cautious or risks removed (if possible).

Response Plan by Weather Type

☀️ Heatwave

- Marshals will hold extra water at checkpoints to provide participants if required & will be available at the registration tent.
- Shorten or stagger walking distances.
- Withdraw participants showing heat illness signs.

🌧️ Heavy Rain / Flooding

- Reroute to avoid waterlogged or flooded areas.

T: 029 2052 4150 F: 029 20524159
E: info@cityhospice.org.uk W: www.cityhopsice.org.uk
Tŷ Hosbis, Whitchurch Hospital Grounds
Park Road, Whitchurch, Cardiff CF14 7BF
Registered with FUNDRAISING REGULATOR
Patron: HIS MAJESTY THE KING
The City Hospice Trust Ltd.
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• Stop event if flooding risk escalates (amber/red alerts).

High Winds
• Avoid ridgeline and increase Marshals presence where required for safety. Route limit will be placed for safety purposes prior to the summit of Pen-y-Fan and communicated.
• Take down temporary structures (tents, signage).
• Stop event if winds exceed safe limits (e.g. 70mph).

Thunderstorms
• Suspend walking and direct participants to safe shelters.
• Do not shelter under trees or metal structures.
• Resume only after 30 mins of clear weather (no thunder).

Cancellation / Postponement Protocol
• Use clear, pre-written messaging for email, social media, and SMS.
• Decide at least 2 hours before start time where possible.
• Offer participants options: transfer to rescheduled event, virtual challenge, or refund registration fee and donation transfer to Sparkle Walk 2025.

Preventive Actions Before the Event

The City Hospice team will -

• Monitor Met Office weather warnings daily leading up to the event.
• Establish weather thresholds for cancellation/postponement (e.g., red warning = automatic cancellation).
• Identify sheltered meeting area.
• Prepare contingency plans that are shorter, safer if required and communicate changes to participants where required before the event takes place.