



THE MARYLAND WING SAFETY BULLETIN

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PILOT'S CORNER



Just as a friendly reminder to all pilots, heat has a significant effect on flying. It reduces the effectiveness of the engine/s and airfoil which results in reduced performance across the board. Please remember to calculate your takeoff weight, takeoff distance, landing distance, and distance required to clear an obstacle. Also you may wish to monitor engine temperatures while operating on the ground as well as in flight.



KEEPING OUR CADETS & SENIORS SAFE



Hot Weather

The key metric is the **heat index**. The table below shows which training precautions are required for a given heat index. Most smart phones are able to report the heat index for your location. The **OSHA - NIOSH Heat Safety Tool** is a recommended smart phone app that not only reports your local heat index, but also reports what protective measures you should be following in that environment.

85 - 90 deg. F° Low	91 - 103 deg. F° Moderate	103 - 115 deg. F° High	> 115 deg. F° Extreme
<ul style="list-style-type: none"> Provide fresh water; use wingmen to monitor intake at 1 cup every 20 minutes; prohibit soda. Know location of local hospital / urgent care facility, have vehicle and driver designated, & have means of contacting 911 Encourage cadets to wear sunscreen Closely monitor people who don't live in the area and therefore are not used to hot weather at this time of year Ensure cadets rest (train/rest in minutes): - Low Intensity: 50/10 - Medium Intensity: 50/10 - High Intensity: 30/30 Be prepared to implement the protective measures for higher risk levels, shown below 	<ul style="list-style-type: none"> In addition to the steps prescribed for "Low": Reschedule activities for cooler weather, if able Use wingmen to monitor water intake at 1 cup every 15 minutes At start of day or as conditions change, brief cadets how to recognize heat-related illness, how to prevent it, and what to do if someone gets sick Locate cadet activities in shady areas, if possible Mandate use of sunscreen, reapplying every 4 hours Have wingman watch for heat-related symptoms Allow cadets to remove BDU/ABU blouses Ensure cadets rest (train/rest in minutes): - Low Intensity: 50/10 - Medium Intensity: 50/10 - High Intensity: 30/30 	<ul style="list-style-type: none"> In addition to the steps prescribed for "Moderate": Alert everyone to presence of high risk conditions Prohibit high intensity activities, including fitness testing Adjust training activities (e.g., reschedule, lower the pace / rotate jobs) Use cooling techniques: have cadets take breaks indoors with fans or air-conditioning, and/or provide cold, damp towels Have adults exercise closer, line-of-sight supervision; increase number of adult supervisors Watch/communicate with cadets at all times Ensure cadets rest (train/rest in minutes): - Low Intensity: 30/30 - Medium Intensity: 20/40 	<ul style="list-style-type: none"> In addition to the steps prescribed for "High": Prohibit medium intensity activities Minimize outdoor activities; train indoors with fans or air-conditioning Conduct travel greater than 200 yards via air-conditioned vehicle, not marching Conduct only mission-critical activities outdoors, and ensure cadets rest (train/rest in minutes): - Low Intensity: 20/40

Hot Weather Notes.

* Heat index temperatures assume that persons have access to shade. If training activities occur in direct sunlight with little to no shade, or if persons will be wearing heavy clothing or protective gear, risks are greater. In those situations, local leaders should consider taking the steps at the next highest risk level.

** For rests, allow participants downtime in the shade or move indoors to continue training.



<https://www.gocivilairpatrol.com/programs/cadets/library/cadet-weather#Hot>

Training Intensity Examples

Low Intensity	Medium Intensity
<ul style="list-style-type: none"> Drill and ceremonies Rocketry Marksmanship training Making camp Glider ground crews Flight line activities Similar activities involving little exertion 	<ul style="list-style-type: none"> Hiking with 20 lbs. of gear or less Fitness training and sports Rappelling Leadership Reaction Courses Water survival training Similar activities that involve moderate exertion and where the tempo can easily be reduced
High Intensity	
<ul style="list-style-type: none"> Fitness testing & exercise at fast pace Obstacle courses Hiking with 20 or more lbs. of gear Similar activities that involve a high degree of exertion and where the tempo cannot easily be reduced 	

