



BOYS & GIRLS CLUBS
OF THE ANTELOPE VALLEY

Inclement Weather

As the temperatures begin to decline in the upcoming months, we must be mentally and physically prepared for the inclement weather to come. Inclement weather is known as existence of rain or abnormal climatic conditions (whether they be those of hail, snow, cold, high wind, severe dust storm, extreme high temperature or the like). The most typical kind of inclement weather seen in the Antelope Valley during this time are flash floods, rain, high winds, extreme cold, and (hopefully again this year) snow. With the extremes in weather, we have to prepare ourselves for working, driving, and enjoying the fall and winter cold weather.

Know Your Terms

- **Flash Flood Warning:** issued when flash flooding is imminent or occurring
- **High Wind Warning:** issued for sustained winds of 40mph or higher for an hour or more OR wind gusts of 58mph or higher for any duration
- **Wind Advisory:** issued for sustained winds of 31-39 mph for an hour or more AND/OR wind gusts of 46-57 mph for any duration
- **Freeze Warning:** issued when significant, widespread freezing temperatures are expected
- **Frost Advisory:** issued when the minimum temperature is forecast to be 33-36 degrees

Dressing Warm

- Dress in Layers! It is advised that 3 layers of clothing will keep you the warmest! It is a common misconception that all layers should be tight; however, tight clothing is putting your skin closer to the cold air rather than creating a heat barrier between your skin and loose clothing. Keeping your body dry is the best thing you can do in cold temperatures.
 - o A **base** layer of polyester or silk will help wick away moisture or sweat from your skin
 - o A **middle** insulating layer, such as sweaters or fleece, should be snug not tight and will be the workhorse at keeping you warm
 - o An **outer** layer is most needed for blocking out wind and rain such as a winter coat or wind- and waterproof shell like a rain jacket
 - o **Cotton** is not good for cold weather as it absorbs moisture and traps it next to the skin
- Hats, Gloves, and Socks! Hypothermia is most likely to begin at the extremities so protecting your toes, hands, and head is the most important
 - o A good pair of insulating shoes or warm wool socks will keep toes toasty
 - o Waterproof gloves keeps hands dry and warm
 - o Wearing a hat or earmuffs will protect your head and ears from the cold



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Being Careful While Driving

- Listen or read weather forecasts at night and in the morning to plan your route
- Create and plan an alternate driving route in case there is a weather related car accident or flooding on your normal route
- Leave ahead of your normal time to drive slow over slick or icy roads or to take last minute detours
- Be cautious of black ice in the mornings or in the event of below-freezing temperatures
- In the event of a flash flood, do not attempt to drive through the flood water as you may not know how deep the water is
 - o You may flood your engine and get stranded in the water
 - o Your car can get swept away with the flowing water
- Assemble a car emergency kit in the event of a roadside emergency or you get stranded with
 - o Items to stay warm ie. extra hats, coats, mittens, blankets
 - o Windshield scraper
 - o Flashlight with extra batteries
 - o Water and snacks
 - o First aid kit and a pocket knife
 - o Hazard or other reflectors, emergency flares, or distress flags

Stay Safe and Stay Warm!