



## FCST WEATHER POLICY

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### **Basic "RULE OF THUMB"**

- **ALWAYS** assume that practice will be held.
- **We NEVER** swim in lightning or thunder. But we DO have dryland exercises and other training activities (under shelter) to work on.
- **We DO** swim when outside temperature is very cold. (Pools are heated.)
- **We DO** wait (in most cases) until close to practice start times to determine practice cancelations or delayed start time.
- **LOOK** for texts, emails, and social media updates when weather is looking questionable.

*\*Contact your coach if you did not receive any communication about practice changes.*

*\*Be sure to verify your phone number through your account to receive texts and push notifications.*

### **Bad Weather Prior to Start of Practice**

- *We swim during all kinds of weather conditions, so always assume that practice will be held.*
- *In most cases, if it is too stormy to be outside (i.e. thunder and lightning), the coach will arrange some space in a sheltered area for dryland exercises, watch a training video, or conduct a group meeting.*
- *If for some reason practice needs to be canceled because of weather once the coaches arrive at the pool, the coaches will do their best to get the word out via email, text message, Facebook, and/or Twitter.*
- *If you think the weather is questionable, please have your swimmer verify the status of practice with the coach once they arrive at the pool before you leave the site.*

### **Bad Weather After the Start of Practice**

- *If lightning or thunder is seen or heard during practice, the coach will pull the group out of the water and go to a safe shelter for 30 minutes after the last observed occurrence. Athletes will do dryland or engage in a team meeting during the waiting period.*
- *If practice is canceled because of weather once it has started, swimmers will contact their parents to pick them up.*
- *If severe weather conditions are known prior to practice and practice will have to be canceled for the day, cancellation notices will be emailed, text messaged, and/or posted on FCST social media.*
- *It is the parents' responsibility to check their email, text messages, and/or social sites for schedule changes daily prior to coming to practice.*

### **Your Safety Matters to Us**

*Everyone's safety is one of utmost importance and FCST will always make sure we are not putting any of the swimmers or coaches in a position where their safety is in danger. Weather conditions can range in severity depending on what part of the city that you live in. FCST asks parents and swimmers to use your best judgment and if you are not comfortable driving to practice in the elements, please stay home as we don't want anyone getting in an accident heading to the pool.*