



*First Colony Swim Team creates opportunities, within a safe and supportive environment, for swimmers to merge passion and commitment with expertise, resulting in the highest level of personal performance.*

## **WEATHER POLICY**

### **General "Rule of Thumb"**

- **ALWAYS** assume that practice will be held
- **We NEVER** swim when there is lightning or thunder, but **we MAY** have dryland and other training activities under shelter
- **We DO** swim in cold weather since our outdoor pools are heated
- **We WILL** (in most cases) wait until close to the start of practice time to make weather-related practice change determinations
- **LOOK** for texts, emails, and social media updates when the weather could impact practice

\*Contact your coach if you have questions about practice.

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

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

As soon as a coach determines practice needs to be changed or cancelled due to weather conditions, the coach will communicate practice changes to each group via email and/or text notification. If practice has not been changed or cancelled, but you are unsure the weather will permit practice, please have your swimmer verify the status of practice with the coach before leaving 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 a 30 minute waiting period following the last observed occurrence. Athletes may do dryland or engage in a team meeting during this waiting period. If practice is cancelled after it has started, coaches will communicate this update via email and/or text notification. Swimmers should also contact their parents to be picked-up.

\*It is each family's responsibility to check emails, text messages, and/or group pages for schedule changes prior to coming to practice.

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

Safety is of the utmost importance to FCST, and we will work to ensure we are not putting any swimmers, parents, or coaches in a position where their safety is in danger. FCST asks parents and swimmers to use their best judgement regarding weather. If you are not comfortable driving to practice in certain weather conditions, please stay home.