



## Williamson County Schools Interscholastic Athletics Inclement Weather

### School Closing for Inclement Weather

There are times when Williamson County Schools will close for inclement weather. It is the policy of Williamson County School System for all middle school extra-curricular activities to be postponed when schools are closed or dismissed early for inclement weather. It is recognized that in this area there are times when schools are closed for inclement weather and the weather conditions improve throughout the day. Because of this, high school administrators shall make the most informed decision in each particular case as to whether athletic events shall be played on these days. When there is inclement weather, [please check the WCS Twitter feed for an update regarding high school athletic events](#). We will make every attempt to post the status of each athletic event affected. However, there may be times when the decision is not communicated or the decision is made after updates are made.

### Guidelines to Follow During Inclement Weather

The safety and health of our student-athletes is the number one priority during times of inclement weather. This area experiences a wide range of unpredictable weather patterns. While Williamson County Schools does not have set guidelines and procedures to follow for all types of inclement weather, proper personnel will be consulted in all instances to ensure the best decision is made for the safety of all those involved. For some categories the recommendations of the National Athletic Trainers' Association will be followed. Below are some examples of guidelines which will be used in making the most informed decision:

#### Lightning

For outdoor activities the National Athletic Trainers' Association recommends a proactive approach to lightning safety. Administrators should monitor local weather forecasts and should postpone or suspend an activity, if a thunderstorm appears imminent. Seeking a safe structure or location at the first sign of lightning or thunder is highly recommended. The 30-30 rule should also be used. The observer starts counting when a lightning flash is spotted and stops counting when the associated bang (thunder) is heard. If the count is 30 seconds or less, play should be suspended. The other recommendation is to wait 30 minutes after the last sound (thunder) or observation of lightning to resume outdoor activities.

#### Tornado Watch and/or Warning

This area of middle Tennessee is sometimes placed under a tornado watch or warning. While a tornado watch is not as significant as a warning proper steps should be followed just the same. During a tornado watch administrators should monitor weather forecasts. The administrators should also consult with their supervisors to make the most informed decisions regarding athletic events and/or practices. During a tornado warning all extra-curricular activities shall be suspended and everyone should seek safe shelter.



## **Heat Conditions**

The rising temperatures are a cause of concern for everyone in middle Tennessee especially our athletes. Extreme caution should be taken when conducting outdoor activities during these times. The following are minimal guidelines which should be followed when making decisions regarding conducting outdoor activities:

### **Under 95 degrees heat index**

- Provide ample amounts of water
- Optional water breaks every 30 minutes for 10 minutes in duration
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action.

### **95 – 99 degrees heat index**

- Provide ample amounts of water
- Mandatory water breaks every 30 minutes for 10 minutes in duration
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action
- Contact sports and activities with additional equipment
- Helmets and other possible equipment removed if not involved in contact.
- Reduce time of outside activity. Consider postponing practice to later in the day.

### **100 degrees heat index**

- Provide ample amounts of water. Water should always be available and athletes should be able to take in as much water as they desire.
- Mandatory water breaks every 30 minutes for 10 minutes in duration
- Ice-down towels for cooling
- Watch/monitor athletes carefully for necessary action.
- Alter uniform by removing items if possible
- Allow for changes to dry T-shirts and shorts
- Reduce time of outside activity
- Postpone practice to later in the day
- Contact sports and activities with additional equipment
- Helmets and other possible equipment removed if not involved in contact or necessary for safety, suspend activity.

### **ABOVE 104 heat index – All Outside Activities Cancelled**

These minimal guidelines have been established with our student athletes in mind. Many of these guidelines are the recommendations of the National Athletic Trainers' Association.