

**NESC Weather Guidelines**

During the Synchro season, skating practice may take place outdoors. NESC coaches will observe the following protocols during NESC-controlled events to ensure the safety of all skaters:

**Hot Weather Conditions:**

* 1. Practice may be held outside in the shaded area in front of the Norfolk Arena when the heat index (temperature/humidity combined) at the rink is 89 degrees and below.
  2. All skaters will have a filled water bottle (supplied by parents/guardians).
  3. All skaters will be dressed in shorts/tee shirts (supplied by parents/guardians).
  4. Practice will be limited to 20 minutes and will not include strenuous activity if heat index is in the 85 to 89-degree range. More strenuous activity can be incorporated when heat index is under 85 degrees.

**Winter Weather Conditions:**

* 1. Practice may be held outside on Norfolk Arena grounds when the wind chill at

the rink is 20 degrees and higher.

* 1. All skaters will have a filled water bottle (supplied by parents/guardians).
  2. All skaters will be dressed in long pants and long sleeve jackets with gloves, hat

and jacket (supplied by parents/guardians).

* 1. Practice will be limited to 20 minutes maximum.

**Practice Cancellation due to Inclement Weather:**

1. Synchro practice may be cancelled due to unsafe road conditions under the following conditions:
   * 1. Blizzard warning: strong winds with blinding snow, drifts and life-threatening

wind chills.

* + 1. Winter storm warning: severe winter conditions have already begun in the

area.

* + 1. Winter weather advisory: conditions are expected to cause significant

inconvenience and may be hazardous within the time period of scheduled practice.

b) Cancellation notice to parents/guardians will be sent via email and posted on the

NESC Facebook page at least 3 hours in advance.

**Competitions in Inclement Weather:**

Skating competitions are typically not cancelled or postponed unless a State of Emergency is issued by the Governor’s office.

In the event of bad weather related to a Synchro Competition, skaters and their parents/guardians should adjust their travel schedules and attempt to arrive early for their event and stay later to accommodate poor driving conditions. Any costs associated with an early arrival/late departure will be at parents/guardians’ expense.

Ultimately, it is the parents/guardians’ decision on road safety.

**Summary**

The accompanying weather chart explains weather terms, heat index, wind chill advisories. Coaches will utilize this chart and weather reports from Boston’s WCVB weather team to make their decisions on outdoor activities and cancellations. This NESC Weather Guidelines document provides our coaches with factual information to make the best decision for our skaters. If at any time you as a parent or guardian have concerns, you are invited to bring them to the attention of your coach in accordance with the USFS Parents Code of Conduct, which can be found on NESC Website.