

Dear Coaches and Athletes of AHS/RRC Juniors,

Bad weather happens. In the spring, it happens a lot. For rowers and coaches sitting in the middle of the water in highly conductive equipment, it is particularly important to have a plan in place to avoid these dangerous situations at all costs.

**Athlete safety has, and always will be our #1 priority.**

In the past, we've been able to hold practice at the boathouse in some capacity regardless of weather conditions- often resorting to lifting in the boat bays when on-the-water practice wasn't possible or safe. Unfortunately, due to the pandemic and social distancing protocols, this is no longer an option. We are currently in the process of finding a \*socially distanced\* boathouse workout solution for bad weather days, but until this is approved, we will be following the protocols as laid out below. We've created the following inclement weather plan to provide our coaches and athletes some peace of mind when dangerous weather situations arise. This plan will also explain how we plan to maintain social distancing protocol to the best of our abilities during these procedures. Please take a look and let Cathy Coffman or Ashley Gale know if you have any questions or concerns.

Thank you

**To the Parents:** If the forecast is questionable, Cathy Coffman (or the primary coach) will mention this in their communications with you and the athletes. If the weather gets worse, we may be forced to end practice early. **Please be prepared to pick up your athlete early, or have a designated pickup person on call if you are unable to make it.** If you or your pickup person are unable to come early, a coach will stay with your athlete until you arrive.

# AHS/RRC Juniors Spring 2021 Inclement Weather Plan

In the case of inclement weather, Cathy Coffman (or the designated primary coach for the day) will make a decision whether or not to hold practice by 3:00 PM that afternoon.

## If Practice is Cancelled:

- Do not go to the boathouse unless you are told to do so. Athletes are not allowed at the boathouse without coach supervision.
- Athletes may be given an alternate workout to complete at their workout facility of choice or at home.

## If Practice is NOT Cancelled:

- Go to the boathouse and get ready for practice as usual.
- If practice is forced to end early, athletes who can drive themselves will be sent home once the procedures below are carried out to reduce the number of athletes in the boathouse.

## On The Water Procedure:

- All coaches will have their cell phone handy and volume up AT ALL TIMES so they can receive weather alerts from a weather alert app or communications from a coach who has a weather alert app.
- All coaches will be made aware of any other teams or crews (UVA or RRC masters) on the water.
- All weather alerts will be taken seriously- regardless of the weather conditions at the moment.
- Any hint of thunder or lightning will be taken seriously. A coach who sees or hears lightning will immediately inform the other coach(es) to head for safety (including UVA or RRC crews)

## If there is enough time to safely return to the dock:

- Athletes will be instructed to return to the dock ASAP.
- Once at the dock, athletes will be instructed to take their boats and oars to the BH in a hasty but safe fashion (varsity athletes can take oars with boats).
- The first crew of athletes to take their boat up will put their boat on racks and get slings outside for the rest of the boats coming up.
- The remaining boats will be left outside in slings in order to get athletes inside as quickly as possible, while avoiding chaos and potentially unsafe conditions inside the boat bays.
- If necessary, some boats may be placed on land near the dock.
- **For the safety of our crews and any other crews that are still on the water: Under no circumstances should the entire fleet of boats be left on the dock.**
- **There should be a clear docking path (or enough space for two eights) on the dock.**
- **There should be a clear walking path up the dock (not obstructed by oars or other equipment.)**

## If the storm is too close to safely out-row:

This should be a last-resort option as we cannot predict the duration of a storm, or the storm could worsen and create even more unsafe conditions for the athletes outside.

- Coaches will instruct athletes to *\*safely\** beach their boats on the nearest shore and run to cover.
- When the storm has passed, athletes can return to their boats and row them back to the dock.