

# Inclement Weather/Cancellation Policies

In the event of inclement weather, the administrative team at Rudolf Steiner High School will make a decision whether or not to hold practice or to play the game. The administration has the authority to cancel activities, events, practices and competitions in the event of inclement weather. Coaches or other school officials do not have the discretion to change these instructions.

Rudolf Steiner High School typically, but not always, will mirror decisions made by Ann Arbor Public Schools when it comes to the cancellation of events due to inclement weather.

Activities will be automatically cancelled if the area is under a severe weather warning. In the event of a severe weather watch, discretion is given to the school administrator.

In the case of a cancellation, the following actions will be taken to communicate the cancellation:

1. The coach will use his/her primary mode of communication to pass on information about the cancellation to the athletes
2. The athletic department will send an email notifying parents of the cancellation
3. The school calendar will be updated with the cancellation
4. Signs will be posted on the front and back doors of the school communicating the cancellation

**Make-Up Policy:** It is at the discretion of the head coach in consult with the athletic department to schedule any extra practices to make up for practice time lost due to cancellation.

It is a priority of the athletic department to reschedule cancelled games. However, due to many circumstances, make-up games are not always possible and, therefore, are NOT guaranteed.

## Guidelines for the Cancellation of Athletic Activities due to Inclement Weather

### Extreme Cold

Rudolf Steiner High School coaches shall follow the National Safety Council regulations for extreme cold weather. The maximum daily time limits for exposure to low temperature and wind chill are as follows (all degrees in Fahrenheit)

- Wind Chill 30 to 0 Degrees- No time limit as long as Athlete is properly dressed
- Wind Chill 0 to -30 Degrees- Practice time limited to one hour
- Wind Chill -30 to -70 Degrees- No outdoor activity allowed

### Extreme Heat

Severely hot and or humid temperatures should prompt the following actions

- When the heat index reaches 100, athletes shall be required to take frequent breaks for liquid and offered additional opportunities to “water down” in order to control body temperature
- When temperatures reach 85-100 degrees or higher, and the humidity is over 70%, practice must be suspended.

When exercising under extreme heat, drinking water is extremely important. Athletes should always maintain proper hydration. However, over-consuming water can be dangerous and even fatal. When exercising for a long period of time, balance water consumption with a nutrient/electrolyte replenishing substance, such as Gatorade. This will ensure that the body gets the replenishment it needs and can avoid water intoxication.

### **Snow Days**

If there is a snow day and school is closed, there will also be not athletic events or after school activities. This means that there is to be no meetings, walk throughs, etc... even if they do not take place at the school, they are NOT allowed. This policy is to insure the safety of the staff and student.

The one exception to this rule is during tournament play. Rudolf Steiner High School does not have the authority to change the schedule dictated by the Michigan High School Athletic Association. Detailed information will be provided should this unusual circumstance occur.

### **Lightning**

In the event of lightning during a practice or game

- If lightning is seen, all practices and games must be postponed immediately, and all participants and staff must seek shelter
- Resuming practice after a lightning sighting is at the discretion of the head coach. To ensure safety, coaches are required to wait 30 minutes since the last visible lightning strike before resuming. The head coach has the authority to cancel practice if they see fit.
- Resuming games after a lightning sighting is completely at the discretion of the officials. Game officials are the only ones who can make decisions when and if to resume play.
- When lightning or other severe weather conditions occur, any school personnel has the right to supersede the authority of the contest official and end a contest on the basis of safety.