

## ASA Weather Policy

- 1) ASA's weather policy is based on information and guidance from the National Weather Service (NWS), The National Collegiate Athletic Association (NCAA), The National Severe Storms Laboratory, and The NCAA Sports Handbook
- 2) Safety is and will be paramount to all ASA related activities. Participation in any ASA related activity is voluntary. Individual ASA Athletes, parents, WingMen, Captains, volunteers, and Community Coordinators are ultimately responsible for making their own personal decisions regarding participation in all ASA activities. All ASA participants waive any claim based on actions or inactions taken by ASA with regards to weather conditions.
- 3) Community Coordinators and staff will be responsible for monitoring local weather for all of ASA trainings, races, and events in their respective areas. In the case of a weather alert, Community Coordinators will contact the ASA office immediately to work with the Director of Programming to ensure that any decision made adheres to the ASA Weather Protocol.
- 4) ASA's weather policy will be broken down into three sections:

### A) ASA Events Canceled- no exceptions

ASA sponsored activities will be canceled if any of the following alerts are issued by the NWS that coincides or overlaps with the specific ASA activity's time and geographic area.

- 1) Thunder or Lightning- Event automatically canceled. All people must return seek safe shelter.
- 2) Tornado Watch
- 3) Tornado Warning
- 4) Severe Thunderstorm Warning
- 5) Excessive Heat Warning-105° or higher for at least 2 days (code red)
- 6) Air Quality Index of 151 or higher (code red)

### B) ASA Event(s) not automatically canceled- ASA weather protocol initiated (noted below)

- 1) Thunderstorm Watch
- 2) Heat Advisory or Outlook (code orange)
- 3) Air Quality Index of 150 or lower (code orange)
- 4) Rain
- 5) Cold Weather

C) Onsite weather changes

- 1) ASA events will be canceled immediately if thunder, lightning, or any other concerning weather changes develop that has the possibility of jeopardizing safety.

5) Safe Structure or location identification:

- A) Any Building normally occupied or frequently used by people (building with plumbing and/or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and do not use the showers or plumbing facilities during a thunderstorm
- B) In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible) and rolled-up windows can provide a measure of safety. A vehicle is better than remaining outdoors. It is not the rubber tires that make a vehicle safe shelter, but the hard metal roof which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE!**

6) General National Weather Service information and terms.

When Thunder Roars, Go Indoors! There is no safe place outside when thunderstorms are in the area. If you hear thunder, you are likely within striking distance of the storm. Just remember Too many people wait far too long to get to a safe place when thunderstorms approach. Unfortunately, these delayed actions lead to many of the lightning deaths and injuries in the United States.

The NWS site also notes that outdoor activity should be suspended until 30 minutes after the last thunder is heard or lightning is seen. It is expected that this suggestion is enforced at all ASA sponsored events.

Severe Weather Watches and Warnings

Do you know the difference between a National Weather Service Severe Thunderstorm Watch and a Severe Thunderstorm Warning? Check your knowledge below.

Severe Thunderstorm Watch - Be Prepared! Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued. The watch area is typically large, covering numerous counties or even states.

Severe Thunderstorm Warning - Take Action! Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property. Take shelter in a substantial building. Get out of mobile homes that can blow over in high winds. Warnings typically encompass a much smaller area (around the size of a city or small county) that may be impacted by a large hail or damaging wind identified by an NWS forecaster on radar or by a trained spotter/law enforcement who is watching the storm Thunder and Lightning Last Resort Outdoor Risk Reduction Tips:

If you are caught outside with no safe shelter anywhere nearby the following actions may reduce your risk: If there is a high chance of thunderstorms, stay inside.

Avoid open fields, the top of a hill or a ridge top.

Stay away from tall, isolated trees or other tall objects. If you are in a forest, stay near a lower stand of trees.

If you are in a group, spread out to avoid the current traveling between group members.

Stay away from water, wet items, such as ropes, and metal objects, such as fences and poles. Water and metal do not attract lightning but they are excellent conductors of electricity. The current from a lightning flash will easily travel for long distances.

Immediately get off elevated areas such as hills, mountain ridges or peaks

Never lie flat on the ground

Never shelter under an isolated tree

Never use a cliff or rocky overhang for shelter

Immediately get out and away from ponds, lakes and other bodies of water

Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)

Stay Weather Ready: Continue to listen to local news or a NOAA Weather Radio to stay updated about severe thunderstorm watches and warnings.

At Your House: Go to your secure location if you hear a severe thunderstorm warning. Damaging wind or large hail may be approaching. Take your pets with you if time allows.

At Your Workplace or School: Stay away from windows if you are in a severe thunderstorm warning and damaging wind or large hail is approaching. Do not go to large open rooms such as cafeterias, gymnasiums or auditoriums.

Outside: Go inside a sturdy building immediately if severe thunderstorms are approaching. Sheds and storage facilities are not safe. Taking shelter under a tree can be deadly. The tree may fall on you. Standing under a tree also put you at a greater risk of getting struck by lightning.

In a Vehicle: Being in a vehicle during severe thunderstorms is safer than being outside; however, drive to closest secure shelter if there is sufficient time

## 1) Heat-

Excessive Heat Warning—Take Action! An Excessive Heat Warning is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Warning is when the maximum heat index temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 75°; however, these criteria vary across the country, especially for areas not used to extreme heat conditions. If you don't take precautions immediately when conditions are extreme, you may become seriously ill or even die.

Heat Advisory—Take Action! A Heat Advisory is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Advisory is when the maximum heat index temperature is expected to be 100° or higher for at least 2 days, and night time air temperatures will not drop below 75°; however, these criteria vary across the country, especially for areas that are not used to dangerous heat conditions. Take precautions to avoid heat illness. If you don't take precautions, you may become seriously ill or even die.

Excessive Heat Outlooks- are issued when the potential exists for an excessive heat event in the next 3-7 days. An Outlook provides information to those who need considerable lead-time to prepare for the event.

## 2) Air Quality

How Does the AQI Work? Think of the AQI as a yardstick that runs from 0 to 500. The higher the AQI value, the greater the level of air pollution and the greater the health concern. For example, an AQI value of 50 represents good air quality with little potential to affect public health, while an AQI value over 300 represents hazardous air quality.

An AQI value of 100 generally corresponds to the national air quality standard for the pollutant, which is the level EPA has set to protect public health. AQI values below 100 are generally thought of as satisfactory. When AQI values are above 100, air quality is considered to be unhealthy-at first for certain sensitive groups of people, then for everyone as AQI values get higher.

### **Understanding the AQI**

The purpose of the AQI is to help you understand what local air quality means to your health. To make it easier to understand, the AQI is divided into six categories:

Air Quality Index (AQI) Values	Levels of Health Concern	Colors
<i>When the AQI is in this range:</i>	<i>..air quality conditions are:</i>	<i>...as symbolized by this color:</i>
<b>0 to 50</b>	<b>Good</b>	<b>Green</b>
<b>51 to 100</b>	<b>Moderate</b>	<b>Yellow</b>
<b>101 to 150</b>	<b>Unhealthy for Sensitive Groups</b>	<b>Orange</b>
<b>151 to 200</b>	<b>Unhealthy</b>	<b>Red</b>
<b>201 to 300</b>	<b>Very Unhealthy</b>	<b>Purple</b>
<b>301 to 500</b>	<b>Hazardous</b>	<b>Maroon</b>

*Note: Values above 500 are considered Beyond the AQI. Follow recommendations for the Hazardous category. Additional information on reducing exposure to extremely high levels of particle pollution is available [here](#).*

Each category corresponds to a different level of health concern. The six levels of health concern and what they mean are:

- "Good" AQI is 0 to 50. Air quality is considered satisfactory, and air pollution poses little or no risk.
- "Moderate" AQI is 51 to 100. Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people. For example, people who are unusually sensitive to ozone may experience respiratory symptoms.
- "Unhealthy for Sensitive Groups" AQI is 101 to 150. Although general public is not likely to be affected at this AQI range, people with lung disease, older adults and children are at a greater risk from exposure to ozone, whereas persons with heart and lung disease, older adults and children are at greater risk from the presence of particles in the air.
- "Unhealthy" AQI is 151 to 200. Everyone may begin to experience some adverse health effects, and members of the sensitive groups may experience more serious effects.

- "Very Unhealthy" AQI is 201 to 300. This would trigger a health alert signifying that everyone may experience more serious health effects.
- "Hazardous" AQI greater than 300. This would trigger a health warnings of emergency conditions. The entire population is more likely to be affected.

**AQI colors**

EPA has assigned a specific color to each AQI category to make it easier for people to understand quickly whether air pollution is reaching unhealthy levels in their communities. For example, the color orange means that conditions are "unhealthy for sensitive groups," while red means that conditions may be "unhealthy for everyone," and so on.

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0 to 50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51 to 100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151 to 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201 to 300	Health alert: everyone may experience more serious health effects.
Hazardous	301 to 500	Health warnings of emergency conditions. The entire population is more likely to be affected.

## ASA WEATHER PROTOCOL

ASA Staff will make the final determination pertaining to any ASA activity.

Community Coordinators and key staff members will monitor weather for their respective related activity. Community Coordinators will contact the Director of Programming for any weather alert to ensure that the ASA Weather Protocol is followed.

Community Coordinator and staff will inform all participants about the decision to proceed with, or cancel the scheduled ASA activity by 3:30pm for evening events and by 6:00am for morning events

Please use <https://www.weather.gov/> to check weather updates in your area

### Weather Types

- 1) Heat Advisory
  - A) Code Orange
    1. Hold training, inform signup group, offer option of not attending
  - B) Code Red
    1. No training, email signup group to cancel
  
- 2) Air Quality
  - A) Code Orange
    1. Hold training, inform signup group, offer option of not attending
  - B) Code Red
    1. No training, email signup group to cancel
  
- 3) Thunderstorm – Thunder OR Lightning

Important – If you are at training and you hear thunder or see lightening, cancel training immediately and seek safe shelter

  - A) Watch
    1. Hold training, inform signup group, offer option of not attending
  - B) Warning
    1. Use [Weather.gov](https://www.weather.gov/) to check to see if your area is included
      1. If not, hold training, inform signup group, offer option of not attending
      2. If your area is included, cancel training and email group
  
- 4) Tornado Watch or Warning
  - A) No training, email signup group to cancel training
  
- 5) Flash Flood Watch or Warning
  - A) No training, email signup group to cancel training

- 6) Rain
  - A) Hold training, inform signup group, offer option of not attending
  
- 7) Wind Chill/Blizzard
  - A) Advisory
    - 1. Hold training, inform signup group, offer option of not attending
  - B) Warning
    - 1. Use [Weather.gov](https://www.weather.gov) to check to see if your area is included
    - 3. If not, hold training, inform signup group, offer option of not attending
    - 4. If your area is included, cancel training and email group
  
- 8) Required Onsite Radar Check
  - A) Please check radar one last time before training starts
    - 1. If radar has changed and/or you have any concerns about training, please cancel
    - 2. Once you are at training and you hear thunder or see lightning immediately cancel training and seek safe shelter (your car may provide the safest shelter but do not touch the car's exterior)

### **Links to reference**

National Collegiate Athletic Association Sports Handbook

<https://www.ncaa.org/sites/default/files/SMHB%20Mental%20Health%20Interventions.pdf>

National Weather Service <https://www.weather.gov/media/safety/Lightning-Brochure18.pdf>

National Weather Service <https://www.weather.gov/safety/lightning-outdoors>

National Weather Service <https://www.weather.gov/safety/lightning-safety>

The National Severe Storms Laboratory <https://www.nssl.noaa.gov/>