



Extreme Weather Policy

POLICY STATEMENT

We Run Our Community's Kids ("the Corporation" or WeROCK) recognizes that races take place in a variety of weather conditions—including rain, fog, sunshine, and heat—and values the importance of preparing participants to run safely in these environments. As such, participants are expected to attend all scheduled practices and races unless extreme weather conditions are forecast during the training or event window.

DEFINITIONS

- **Extreme Heat – Heat Index:** A measure that reflects how hot it feels when relative humidity is factored in with the actual air temperature. Exposure to direct sunlight can increase the heat index by up to 15°F. Heat index readings will be based on the specific practice location using data from the National Weather Service HeatRisk.
- **Poor Air Quality – Air Quality Index (AQI):** A color-coded scale indicating whether air quality is safe for outdoor activity. AQI readings for WeROCK sites will be taken from the Orange County Real-time AQI & Pollen Report – Air Matters. The AQI used will reflect the specific practice location.
- **Thunder and Lightning:** A thunderstorm is an atmospheric disturbance accompanied by lightning, which poses a direct safety risk to outdoor participants. Lightning within 30 minutes of an event is considered hazardous.

POLICY

WeROCK reserves the right to cancel or modify training activities based on weather conditions that could pose a health or safety risk. The following conditions will automatically trigger a cancellation or adjustment:

- **Heat Index \geq 105°F:** Activities will be moved indoors, modified, or cancelled. See Table 1: *Heat Index and WeROCK Activities*.
- **Air Quality Index \geq 151 (Red or higher):** Activities will be moved indoors, modified, or cancelled. See Table 2: *Air Quality Index*.
- **Thunder or Lightning within 30 Minutes of Practice Start or During Practice:** Activities will be moved indoors, modified, or cancelled for safety if lightning is within 10 miles of practice location

Additional Requirements & Procedures

- **Hydration Policy:** All participants must bring a hand-held or body-held running water bottle or hydration pack to every WeROCK practice and race. Participants will not be allowed to participate without it, and any missed miles must be made up independently.
- **Communication of Cancellations:** Practice cancellations or changes due to extreme weather will be communicated via:
 - Established team channels of communication,
 - WeROCK's private Facebook group, and/or
 - Email notification to registered families.
- **Make-Up Mileage:** If a practice is cancelled due to extreme weather, participants may be required or encouraged to complete mileage independently, as directed by WeROCK staff.
- **Publication and Agreement:**
 - This Extreme Weather Policy will be posted at werunockids.org.
 - Parents/guardians are required to read, understand, and acknowledge this Policy at the time of registration for each session.

At a parent's discretion, a runner may miss a session due to weather concerns and complete the required mileage independently. Refer to the Missed Practices section of the WeROCK Eligibility Policy for details on making up miles.

Table 1 - Heat Index and WeROCK Activities

Heat Index	Hydration and League/Parent Responsibilities
<p>Under 95 Degrees Heat Index</p> <p>“Orange - 2”</p>	<ul style="list-style-type: none"> • Athletes should drink ample amounts of water as provided by the parent/guardian. • During practices/races of six miles or more, athletes can refill their water bottles at aid stations or other water dispensers. • Parents/guardians are responsible for providing water or other appropriate hydration drinks at the beginning of each practice/race.
<p>95 Degrees to 99 degrees Heat Index</p> <p>“Red - 3”</p>	<ul style="list-style-type: none"> • Athletes should drink ample amounts of water as provided by the parent/guardian. • During practices/races of five miles or more, athletes can refill their water bottles at aid stations or water dispensers. • Parents/guardians are responsible for providing water or other appropriate hydration drinks at the beginning of each practice/race. • Coaches will encourage participants to reduce exertion by walking more than running within the maximum pace requirement.
<p>100 Degrees to 105 Degrees Heat Index</p> <p>“Magenta - 4”</p>	<ul style="list-style-type: none"> • Athletes should drink ample amounts of water as provided by the parent/guardian. • During practices/races of four miles or more, athletes can refill their water bottles at aid stations or dispensers. • Parents/guardians are responsible for providing water or other appropriate hydration drinks at the beginning of each practice/race. • Coaches will encourage participants to reduce exertion by walking more than running within the maximum pace requirement. • WeROCK will encourage participants to rest in shaded areas along the route.

Source: Adapted from the County of Orange, State of California, Board of Education materials

Table 2 – Air Quality Index

Daily AQI Color	Levels of Concern	Values of Index	Description of Air Quality
Green	Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Yellow	Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Orange	Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Red	Unhealthy	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Purple	Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Maroon	Hazardous	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.

Source: <https://www.airnow.gov/aqi/aqi-basics/>