



# WEATHER GUIDELINES

The safety and well-being of DUC athletes and coaches are of utmost importance. We understand practicing and competing in various weather conditions is a part of sport, but we are committed to ensuring that all activities take place with due consideration to the safety of our participants.

## Required Phone-Based Data Tools for Coaches

*Coaches must have cell phones which are protected and easily accessible.*

- Weather app that provides hourly temperature, wind, radar data for White Rock Lake and surrounding vicinity.  
Examples: The Weather Channel, Wunderground
- Lightning detector set to a 20-mile radius for White Rock Lake.  
Example: Lightning Pro
- Wind detector with a nearby weather station.  
Example: WindAlert has a station at Love Field
- Wet Bulb Globe Temperature Calculator.  
Example: Zelus WBGT

## Heat Guidelines

Wet bulb temperature measures the cooling effect of evaporation and is used to assess humidity, heat stress, and heat-related discomfort or danger in various applications. When:

- WBT > 92°F practice will be canceled or moved to the erg studio
- WBT is between 92°F - 90°F practice will be reduced to drill work and pieces not exceeding 10 minutes. Launches will be loaded with water jugs to refill athlete water bottles with ample rest time.
- WBT is between 87°F - 89.9°F practice will be reduced with physical activity time limited to 2 hours. The rest of the time may be used on land for instruction.
- WBT is between 82°F - 86.9°F Coaches will pay close attention to at-risk athletes.
- WBT < 81.9°F Practice will continue as normal.

## **Cold Guidelines**

### **When combined water and air temperature falls below 100° F:**

- Only Boats with 8 oars are allowed on the water.
- All shells must be accompanied by a coaching launch within 100 meters of the coached shell.
- Shell to coaching launch limits
  - Varsity level rowers or rowers with 1 or more year of experience rowing – 1 coaching launch for 2 rowing shells.
  - Novice level rower – 1 coaching launch for 1 rowing shell.
- All coxswains, coaches and launch occupants must wear personal floatation (survival suit with floatation, inflatable or non-inflatable pfd).
- All launches must have enough pfds and blankets for the rowers being coached in addition to the people on the launch.
- Accompanying launches must be able to safely rescue all rowers in at least one of the shells being coached. I.e a launch must accommodate 9 people (in addition to coach) if an 8+ is being coached.
- There must be another coaching launch on the water or a person on land with access to a cell phone and launch that can respond in case of an emergency.
- No rowing when there is ice on lake, dock or apron.

### **Further, when the water temperature falls below 40° F:**

- No novice boats on the water.
- No rowing before sunrise or after sunset.

***We will also make sure rowers understand layering to stay safe while out on the water.***

## **Wind**

White Rock Lake is very temperamental when it comes to wind. The speed, gusts and direction can change the conditions from rowable to unrowable quickly.

- If sustained wind is over 20 mph all practice will be on land
- If wind gusts are over 26 mph practice will be on land
- If sustained wind is between 10 - 20 mph, experienced crews can launch at coach's discretion.
- If sustained wind is less than 10mph, all crews can launch

## **Fog**

If visibility is compromised more than 100 yards, do not launch or return to dock immediately.

## **Lightning**

- Lightning strikes within a 20 mile radius require an immediate return to dock.
- Lightning strikes before launching will cause a 30 minute delay.

## **Storms**

- Any inclement weather that cancels school or after-school activities will also result in a canceled practice. DUC follows the guidance of the Dallas and Highland Park Independent School Districts.
- If weather conditions make it unsafe for athletes and coaches to drive to or from practice, we will cancel practice.
- If the National Weather Service issues a weather warning for Dallas County during practice time, it is likely practice will be cancelled.
- Under no circumstances will youth athletes be allowed to leave any DUC facility in their own car during imminent weather danger as indicated by the city siren warning system.
- If city siren warning system goes off when athletes/coaches/personnel are at the Power Plant, everyone should move to the underground parking garage to wait for ALL CLEAR.