

# City of Middleton Parks & Recreation Department

## EXTREME WEATHER CONDITIONS GUIDELINE

### Purpose

To establish guidelines and procedures for how the City of Middleton Parks & Recreation Department deals with inclement weather conditions in order to protect participants, spectators and staff for programs. The City of Middleton Parks & Recreation Department retains the right to cancel or curtail activities due to severe and extreme weather conditions.

When weather conditions present a threat to the safety of participants and spectators, the Recreation Director or his/her designee has the authority to postpone, curtail or suspend a City of Middleton Parks & Recreation activity, program, or event.

### How Participants will be Notified of Cancellations

1. Email will be sent to class/programs that are cancelled at least 1 hours prior to program start time.
2. Participants will receive a text alert (Must be opted in via Rec Desk to receive)
3. If you have NOT heard from us, we are planning on having lessons as scheduled.

### Severe Weather Warnings - Thunderstorms and Tornadoes

Outdoor City of Middleton Parks & Recreation activities will be canceled or postponed when a severe thunderstorm or tornado warning is issued for the City of Middleton by the National Weather Service. Participants, spectators and staff shall seek immediate shelter in the case of a severe weather warning.

Indoor City of Middleton Parks & Recreation Department activities may be conducted during a severe thunderstorm warning. However, during a tornado warning, participants, spectators and staff shall seek immediate shelter in the designated storm shelter within the building.

### Severe Weather Watches and Rain Events

City of Middleton Parks & Recreation Department activities may be conducted as scheduled when severe weather watches or when rain is forecast for the City of Middleton. However, if the weather is bad enough to warrant a postponement or cancellation, that call will be made by the City of Middleton Parks & Recreation Department prior to the start or during the activity. A number of variables will be considered before canceling when these conditions exist.

[Weather.com](http://Weather.com) Radar will be used to help guide these decisions.

***Know the difference between a watch and a warning.***

<p><b>THUNDERSTORM WATCH</b></p> <p>A Severe Thunderstorm Watch is issued when a severe thunderstorm is possible.</p> <p>Stay tuned to forecast updates, monitor sky conditions, and know where to take shelter.</p> <p><b>Be Prepared.</b></p>	<p><b>THUNDERSTORM WARNING</b></p> <p>A Severe Thunderstorm Warning is issued when a severe thunderstorm is happening or about to happen.</p> <p>Take shelter immediately!</p> <p><b>Take Action!</b></p>	<p><b>TORNADO WATCH</b></p> <p>A Tornado Watch is issued when a tornado is possible.</p> <p>Know your safe place (storm shelter, basement, interior hall away from windows). Be ready to act quickly if a Warning is issued.</p> <p><b>Be Prepared.</b></p>	<p><b>TORNADO WARNING</b></p> <p>A Tornado Warning is issued when a tornado is happening or about to happen.</p> <p>Immediately seek shelter in your safe place!</p> <p><b>Take Action!</b></p>
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## Lightning

When thunderstorms are forecast for the City of Middleton, program site staff or coaches shall watch for lightning in the sky. As soon as lightning is seen, all play activities shall be suspended or postponed until at least 30 minutes after the last lightning bolt is seen in the sky.



## Extreme Cold Weather and Snowstorm Conditions

The City of Middleton Parks & Recreation Department may require that activities may be curtailed or cancelled when the cold temperatures, wind chill are such that participants risk exposure periods that could be dangerous.

If City of Middleton Parks & Recreation programs are scheduled on days with no school, the following guidelines shall be used in case of extreme cold weather or snowstorm conditions.

### Cold Weather (Wind Chill)

If the National Weather Service issues a wind chill warning for the City of Middleton for the start time of the City of Middleton Parks & Recreation activity, the Recreation Director or his/her designee(s) will determine the status of the activity at least two hours prior to its start time.

### Snow, Ice or Sleet Storms

If the National Weather Service issues a winter snow or travel warning or blizzard warning for the City of Middleton at the start time of the activity, or if snow, ice or sleet conditions will significantly limit staff or participants' ability to safely travel to the activity site, the City of Middleton Parks & Recreation Department activity will be cancelled.

In this case, the City of Middleton Parks & Recreation Department Recreation Director or his/her designee shall determine the status of recreation activities at least two hours prior to their start time. Discretion is granted to the City of Middleton Parks & Recreation Department if the forecast is unsure of the storm track or if the storm is forecast to begin after the activity begins, or if it looks like the storm is dying out.

## Extreme Heat and Humid Conditions

The City of Middleton Parks & Recreation Department may require that activities may be curtailed or cancelled when the heat and humidity are such that participants in vigorous activity for prolonged periods could be dangerous. The Heat Index is an important consideration when assessing risk in hot and humid conditions. It is the temperature the body feels and is a measure of how humidity acts in conjunction with high temperatures to reduce the body's ability to cool itself.



The following steps will be taken by the City of Middleton Parks & Recreation Department program staff when the following heat index thresholds are forecast for the start time of the recreation activity.

- **Heat Index of 80-89 (Low to moderate risk)**

Proceed with scheduled outdoor activity. Monitor participants carefully for necessary action. Encourage additional fluid intake.

- **Heat Index of 90-104 (Moderate risk, use caution)**

Fluid/shade/rest breaks should be taken every 20-25 minutes. Activity should be modified for less exertion. Consider reducing program length.

- **Heat Index of 105-114 (High risk, use extreme caution)**

When the Heat Index is forecast for the City of Middleton to be 105 or greater at the start time of the scheduled activity, The City of Middleton Recreation Director or his/her designee(s) shall determine the status of scheduled activities at least two hours prior to their start time. Discretion is granted to the City of Middleton Parks & Recreation Department administration in programs with abundant shade, water-based recreation or if breezy conditions are forecast for the time of the activity. Activities requiring less exertion shall be moved to a shady, breezy or cool area or cancel if this is not possible. Fluids and rest break every 15-20 minutes. Reduce program length to no more than 60 minutes per class. **Any outdoor activities requiring more physical exertion should be canceled.**

- **Heat Index of 115-130 (Very high risk, cancel all outdoor activities)**

We rely on the [National Weather Service forecast for Middleton](#) to monitor local heat index levels.

## Air Quality Conditions

The following steps will be taken by the City of Middleton Parks & Recreation Department program staff when the following Air Quality thresholds are forecast/measured for the start time of the recreation activity.

- **Air Quality of 50-100 (Low to moderate risk)**

Air quality is acceptable, proceed with scheduled outdoor activity.

- **Air Quality of 101-150 (Unhealthy for Sensitive Groups)**

Members of sensitive groups may experience health effects; the general public is less likely to be affected. Proceed with scheduled activities and monitor participants that may be in the air quality sensitive groups.

- **Air Quality of 151-200 (Unhealthy)**

When the Air quality is forecast/measured for the City of Middleton to be 151-200 at the start time of the scheduled activity, The City of Middleton Recreation Director or his/her designee(s) shall determine the status of scheduled activities at least two hours prior to their start time. Discretion is granted to the City of Middleton Parks & Recreation Department administration in programs requiring less exertion, or if breezy conditions are forecast for the time of the activity. Reduce program length to no more than 60 minutes per outdoor class that requires physical exertion. **Any outdoor activities requiring extreme physical exertion should be canceled.**

- **Air Quality of 201-300 (Very Unhealthy, cancel all outdoor activities)**

All outdoor activities that cannot be moved indoors will be cancelled. Outdoor activities that can be moved to indoors will be moved indoors and will then take place in an indoor area with improved air quality.

- **Air Quality of 300 and higher (Hazardous, cancel all outdoor activities)**

All outdoor activities that cannot be moved indoors will be cancelled. Outdoor activities that can be moved to indoors will be moved indoors and will then take place in an indoor area with improved air quality. Discretion is granted to the City of Middleton Parks & Recreation Department administration with programs that take place indoors.

We use the **Air Quality Index (AQI)** reported by [AirNow.gov](http://AirNow.gov) for Middleton to determine whether our programs will run.

**Air Quality Index Chart**

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good 0-50	It's a great day to be active outside.	
Moderate 51-100	Some people who may be unusually sensitive to particle pollution.	<p><b>Unusually sensitive people:</b> Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier.</p> <p><b>Everyone else:</b> It's a good day to be active outside.</p>
Unhealthy for Sensitive Groups 101-150	Sensitive groups include people with heart or lung disease, older adults, children and teenagers.	<p><b>Sensitive groups:</b> Reduce prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath.</p> <p><b>People with asthma:</b> should follow their asthma action plans and keep quick relief medicine handy.</p> <p><b>If you have heart disease:</b> Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.</p>
Unhealthy 151 to 200	<b>Everyone</b>	<p><b>Sensitive groups:</b> Avoid prolonged or heavy exertion. Move activities indoors or reschedule to a time when the air quality is better.</p> <p><b>Everyone else:</b> Reduce prolonged or heavy exertion. Take more breaks during all outdoor activities.</p>
Very Unhealthy 201-300	<b>Everyone</b>	<p><b>Sensitive groups:</b> Avoid all physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better.</p> <p><b>Everyone else:</b> Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling to a time when air quality is better.</p>
Hazardous 301-500	<b>Everyone</b>	<p><b>Everyone:</b> Avoid all physical activity outdoors.</p> <p><b>Sensitive groups:</b> Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.</p>