

Northern Virginia Running Club Inclement Weather Policy

Current Version – 2025

The Northern Virginia Running Club (NOVA) Inclement Weather Policy is designed with the overarching goal of hosting club events that are both “allowable” and “safe”. “Allowable” refers to the Club adhering to policies established by the local authority (Arlington County, or other pertinent government entity) where we host club events. “Safe” refers to the Club hosting events where NOVA members can run in conditions without concern for their well-being.

NOVA’s operations during inclement weather events are largely governed by Arlington County’s inclement weather policy, available here:

<https://www.arlingtonva.us/Government/Departments/Parks-Recreation/About/Inclement-Weather>

On days where inclement weather may impact NOVA’s ability to host Club events safely and allowably, the Club will make a determination and announcement to our Club members in accordance with Arlington County. Standard practice is to wait for Arlington County to announce the relevant field operating status, which is done via the Arlington County Inclement Weather hotline by each weekday at 3pm or earlier.

Below are details on our policy for specific inclement weather scenarios; these are not all inclusive. Exceptional situations will be addressed by the NOVA Board and Coach.

Heat

If Arlington County or other pertinent government authority closes schools, recreation facilities, or cancels other community activities, including outdoor venues, due to heat and or humidity levels, then NOVA will not hold official practice (Tuesday Track Practice, Thursday Tempo Run.)

Lightning

- When cloud-to-ground lightning bolt is seen, and/or if the Arlington lightning alert system activates a warning, NOVA will suspend practice and participants must take shelter immediately. Safe structures include the nearest school building, building, house, or a fully enclosed vehicle with windows tightly closed. Press boxes, sheds, storage buildings, or dugouts will not provide adequate protection.
- 30/30 Rule or Thirty-minute rule. Once practice has been suspended, NOVA will wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming practice.
- Any subsequent thunder or lightning after the beginning of the 30-minute count resets the clock and another 30-minute count will begin.

Ice/Snow

If Arlington County or other pertinent government authority does not turn on the field lights due to ice or snow on the field, and if the track is covered in ice or snow, then NOVA will not hold official practice (Tuesday Track Practice, Thursday Tempo Run.)

If Arlington County or other pertinent government authority turns on the field lights, and the track is completely clear of ice and snow in at least four lanes, then NOVA **may** hold official Tuesday Track Practice, **if the Board and Coach consider it safe.**

If Arlington County or other pertinent government authority does not turn on the field lights due to the field being ice or snow covered, yet the track is clear on all six lanes **at Wakefield High**

School only, then NOVA **may** hold official Tuesday Track Practice using the ambient light from the tennis courts, **if the Board and Coach consider it safe**.

NOTE: in all cases “clear of ice and snow” means visible ice or snow as well as a less than visible thin layer of ice that results from a thaw – freeze cycle.