

Severe Weather Policy

Effective October 2026 · Applies to every Apex program, class, party and event · Reviewed every year at renewal

Apex Gymnastics, LLC ("Apex") is one indoor gym at 2038 US Highway 8, Saint Croix Falls, WI. Western Wisconsin gets thunderstorms, tornadoes, high winds and winter storms. This policy says who watches the weather, what to do in a warning, and when outdoor activity stops and starts again.

1. Watching the weather

- The **staff member in charge** of each session is responsible for watching the weather. If the Owner is in the building, the Owner is in charge.
- That person keeps National Weather Service (NWS) alerts turned on for Saint Croix Falls on their phone (Wireless Emergency Alerts, or a weather app that shows NWS alerts).
- When the NWS issues a **watch** for Polk County, they check the radar every 15 minutes and keep the phone with them.
- When storms are near before a session, the Owner may cancel or end the session early. Families are told by text.

2. Tornado warning

When a tornado warning covers the gym, or the outdoor siren sounds:

1. Stop all activity at once.
2. Move everyone (athletes, parents, siblings and visitors) to **the big archway between the bar room and the floor room**. It is the point furthest from any windows.
3. Everyone crouches low and covers their head and neck with their arms.
4. Coaches take attendance and stay with their group.
5. Stay there until the warning ends. Do not leave for a car.

- The gym has no basement. Stay away from windows, doors and the middle of the large open floor.
- After the warning ends, check for injuries and damage before anyone moves around the building. Call 911 for any injury.
- Athletes are released **only to a parent, guardian or adult the parent has named**. No athlete leaves alone or walks to a car during the storm.

3. Severe thunderstorm warning

- Stay inside. Keep everyone away from windows and glass doors.
- Parents arriving for pick-up wait inside until the storm passes.
- If the storm brings a tornado warning, follow section 2.

4. Power loss

- Stop all activity at once. Athletes on equipment come down with a coach's help.

- Coaches gather their groups in an area with light, take attendance and keep everyone calm. Use phone lights.
- If power is not back within 15 minutes, the session ends. Families are called or texted to pick up. Athletes wait inside with a coach until a parent arrives.
- If the building is too cold or too hot without power, follow the Heat Policy or move the group to a safer place inside.

5. Lightning and outdoor activity

Apex activity is indoors, but some events go outside: lines waiting to enter, camps, games or field trips.

When thunder roars, go indoors. All outdoor activity stops at the first thunder or lightning, and everyone goes inside the gym. Outdoor activity starts again only **30 minutes after the last thunder** was heard. Each new thunder starts the 30 minutes again.

- Cars, buildings with walls and a roof, and the gym are safe. Tents, trees, porches and open fields are not.

6. Winter storms

- The Owner decides to cancel when roads are unsafe. Families are told by text and on the website as early as possible.

7. Practice and review

- Every staff member goes through this policy at the staff meeting each year, including the walk to the shelter place.
- This policy is reviewed every year at renewal.

Alex Gold, Owner, Apex Gymnastics, LLC

Date