Inclement Weather Policy

Sometimes bad weather can be therapeutic. And sometimes, it's just not a good day to be outside. Below are some common reasons we may move to a virtual session. Check your email for scheduling updates if any of the following conditions exist:



Active Storm Warnings

Different from 'watches', storm warnings indicate the likelihood for severe weather in our area. If there is a storm watch, you can request to move your appointment to telehealth; if it becomes a storm warning, we will meet virtually.



Extreme Heat or Cold

Temperatures above 95°F don't allow sweat to evaporate, increasing chances of heat stroke. High humidity with lower temperatures can hold the same risk. Summer sessions are typically held in the early morning hours to reduce risk of heat-born illnesses.



Extreme Cold/Ice

Cold weather is somewhat client-dependent - you know what you are comfortable with. However, typically when we see wind chills below 0°, or area schools have been closed, we'll move our session to telehealth.

WHEN IN DOUBT, EMAIL:
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MOUNTAIN THERAPY, PLLC