



Celebrating 25 Years!



Did you know CoCoRaHS used to stand for the Colorado Collaborative Rain, Hail, and Snow Network? The very first CoCoRaHS reports were transmitted on June 17, 1998 with just a handful of reports along the Colorado Front Range. Within five years, the network had expanded to become a successful and reliable statewide data source in Colorado with other states taking notice.

In 2004, CoCoRaHS began to expand with all 50 states joining by 2009. At this point, over 12,000 people were CoCoRaHS observers, making it the largest source of daily rainfall measurements in the country.

Today, over 26,000 people are active with this “Accidental Network” not only in the U.S., but internationally as well in Canada and in the Bahamas. Check out [this great write-up](#) on CoCoRaHS’s history and [this Retrospective in Pictures](#) to learn more about this program’s history. Here’s to 25 more!

National Weather Service Nashville
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Old Hickory, TN 37138

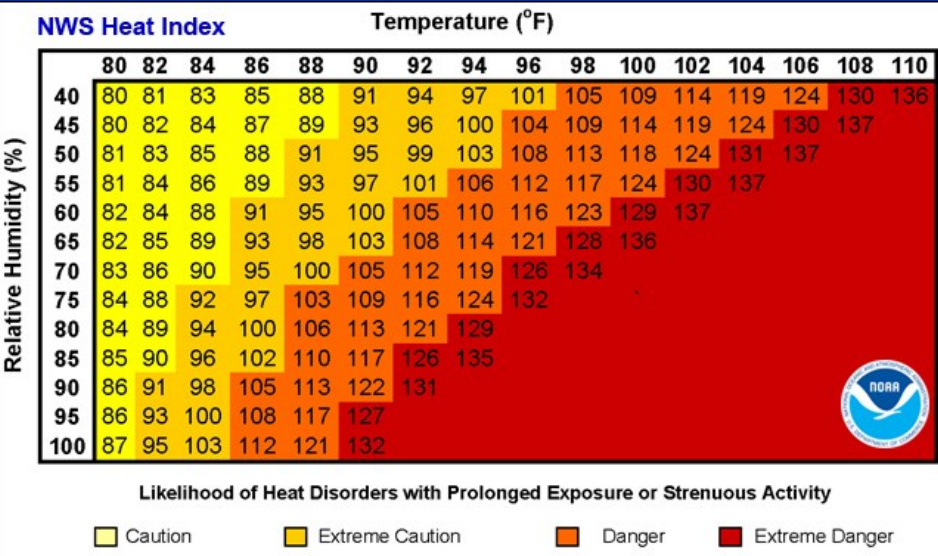
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Summer Safety

Summer is in full swing, but it's always a great time for you know how to stay safe. So let's talk about some common hazards during the summer months. And be sure to check out our [summer safety page](#) for more tips.

Heat



Have you ever heard, "It's not the heat, it's the humidity"? Well, it's actually both. Heat Index is a common way to communicate what the outside temperature actually feels-like. There is a direct relationship between the air temperature and humidity. As one or both of these increases, so does the heat index.

Heat products have already been issued for Middle TN this summer, but with this season just getting started, it's never too late to talk about heat safety. Stay indoors or in shade as much as you can. If outside, stay hydrated and limit strenuous activity. Don't ever leave kids or pets unattended in cars even if it's just for a couple minutes. Know the symptoms of heat exhaustion and heat stroke, and be prepared to seek medical attention quickly if needed.

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness
Thirst
Heavy Sweating
Nausea
Weakness



Heat exhaustion can lead to heat stroke.

Heat Stroke

ACT FAST

- CALL 911**
- Move person to a cooler area
 - Loosen clothing and remove extra layers
 - Cool with water or ice

Confusion
Dizziness
Becomes Unconscious

Heat stroke can cause death or permanent disability if emergency treatment is not given.



Stay Cool, Stay Hydrated, Stay Informed!



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Rip Currents

Visiting the beach this summer or know somebody who is? Don't be unprepared! Rip currents are a real safety concern and are the #1 weather-related killer at the beaches along the Gulf Coast. A rip current is a powerful, narrow channel of water that is flowing away from the beach. They can travel as fast as 8 feet per second and can sweep even the strongest swimmers out to sea.



Rip Currents: Safety Tips

Stay Safe. Know The Flags.

Swim near lifeguards if at all possible

Can't swim? Stay away from the surf!

Double Red Flags: The water is CLOSED!
(you could be arrested or fined for entering the water in these conditions)



[National Weather Service](#)

[weather.gov/beach](#)

Some beach safety tips include knowing what the beach warning flags mean. Do you see double red flags? That means the water is closed! Swim near lifeguards if at all possible.

If you are caught in a rip current, don't panic! Rip currents will not pull you under the water. Do not swim against the current (toward the beach). Instead, swim out of the current (parallel to the beach). If you can't escape, float and yell and wave for help. Check out [this excellent webpage](#) from NWS Tallahassee to learn more.

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Meet Kenneth!

Kenneth grew up in Virginia Beach where he had a history of going towards storms rather than away. Kenneth now lives in Cannon County where he has been a CoCoRaHS observer since 2007. In fact, his station is the longest active one in Cannon County! One of his favorite things about CoCoRaHS is comparing his station to others and seeing how much of a difference only a few miles can make.

I would love to recognize and highlight YOU in these newsletters! If you're interested, tell me about yourself via [this form](#).

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