

LIGHTNING POLICY

This policy follows the guidelines given by the NCAA Sports Medicine Handbook. If there is a Certified Athletic Trainer at the event, they will monitor threatening weather conditions and will make the decision to remove a team or individuals from an athletic site or event. If there is no athletic trainer, the head coach will be responsible for making decisions to remove the team or individuals to a safe area.

The FLASH TO BANG method will be used to determine how close lightning is. It is the easiest and most convenient method to estimate how far away lightning is occurring.

To use the flash to bang method, count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five to obtain how far away (in miles) the lightning is occurring. A flash to bang count of 30 seconds or less should be used as a minimal determinant of when to remove all individuals (players, coaches, officials, spectators) from the athletic site and relocate to safe shelter. Waiting 30 minutes or longer after the last flash of lightning or sound of thunder is recommended before athletic or recreational activities are resumed.

In the event of an electrical storm, the best safe shelters are those with indoor plumbing and telephone lines. However, a car or bus with all windows closed will provide shelter if a secure building is not accessible. **Dugouts, locker rooms, shower rooms, and pool areas are not safe shelters.**

Baseball/Softball Field:	Athletic & Wellness Center
Soccer Fields:	Esopus Hall, Lenape Hall, or Athletic & Wellness Center
Tennis Courts:	Athletic & Wellness Center, or Lenape Hall
Outdoor Track:	Athletic & Wellness Center

Things to remember:

1. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.
2. If no safe structure or location is within a reasonable distance. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **Minimize your body's surface area, and minimize contact with the ground! Do not lie flat!**
3. People who have been struck by lightning **do not** carry an electrical charge. Therefore, cardiopulmonary resuscitation (CPR) is safe for the responder. Call 911 immediately if a lightning injury occurs.
4. Avoid using the telephone, except in emergency situations. People have been struck by lightning while using a landline telephone. Cellular phones or portable remote phones are a safe alternative.