

Monomoy Regional High School



75 Oak Street

Harwich MA, 02645

Lightning Safety Policy

This policy is put into place in order to protect our student athletes in the event of an outdoor event that could be affected by environmental factors. In this case specifically our concern is lightning strikes at an athletic competition.

Flash-to-Bang Method: Number of seconds from lightning flash until the sound of thunder divided by 5 to determine the distance from the lightning strike. **When the flash-to-bang method is at or less than 30 there is danger, and conditions should be closely monitored. When the count reaches 30, everyone should have left the field for safe shelter.** The school gymnasium will be designated as the safe shelter location for athletes and coaches to seek out.

Lightning Safety Slogans:

1. “**NO** Place Outside if safe when thunderstorms are in the area!
2. When thunder roars, go indoors!
3. Half an hour since thunder roars, now it's safe to go outdoors!

Chain of Command

Referee: This person has the ultimate power to call the game in the event where lightning or thunder may be present. They also have the power to stop a game and attempt to wait it out if possible and then resume the game when the area is deemed safe to return to play.

Athletic Director: Athletic Director will monitor weather and will notify the appropriate person in the chain of command.

Athletic Trainer: Athletic trainer will monitor weather along with the coach and the Athletic Director. If the referee is hesitant to call or stop game athletic trainer will suggest and if advice is ignored, medical staff will be removed from the venue.

Coach: Coach is responsible for guiding all athletes to safety.

Guidelines

- In situations in which thunder or lightning may be present and you feel your hair stand on end and skin tingle, immediately assume a crouched position-drop to your knees, place your hands and arms on your legs and lower your head. Do not lie flat.
- If thunder/lightning can be heard or seen and if the flash-to-bang count reaches 30, stop activity and seek protective shelter immediately. An indoor facility is recommended as the safest protective shelter. If an indoor facility is not available, an automobile is a relatively safe alternative.
 - If neither of these are available, avoid standing under large trees and telephone poles.
 - If the only alternative is a tree, choose a small tree in a wooded area that is not on a hill.

- Avoid standing water and metal objects at all times
- Allow thirty minutes to pass after the last sound of thunder or lightning strike before resuming play.