



Sports Medicine Manual
Department: Sports Medicine

Subject: Inclement weather policy

Purpose: To ensure the safety of staff, spectators and athletes when weather is a threat.

Policy:

1. During inclement weather, should an athletic trainer feel that his/her safety is in danger either by traveling to/from or working an athletic event, the athletic trainer will contact the game or practice site and inform the coach or athletic director that he/she will not be traveling to the event as well as the Sports Medicine Manager
2. Lightning policy
 - a. If the weather forecast is deemed a potential threat for lightning, prior to the start of the game or practice, the Sports Medicine personnel will notify the game officials, school administrators and/or coaches of both teams to ensure there is awareness of the Trinity Sports Medicine lightning policy
 - b. In the event of a storm where lightning is a threat, the following recommendations will be followed:
 - i. If a cloud-to-ground lightning is sighted; or a 30 second, or less, flash to bang count between the time lightning is sighted and when thunder is heard (if the lightning is not cloud-to-ground), activities should be suspended thirty minutes following the lightning flash. All athletes, coaches and spectators should seek a safe shelter
 1. A designated safe area is considered a ground faulted building or vehicles/buses if no ground faulted building on site
 - ii. If there are additional cloud-to-ground lightning strikes, or 30/<30 seconds between flash to bang, during the 30 minutes of suspension times, the 30 minute time will restart at the last lightning strike.

References: *Journal of athletic Training* 2013;48(2):258-270 National Athletic Trainers' Association Position Statement: Lightning Safety for Athletics and Recreation; NCAA Sports Medicine Handbook 2013-14; National Weather Service 2015; NFHS Guidelines on Handling Practices and Contests during Lightning or Thunder Disturbances, October 2014

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