

Lady Vipers Lacrosse Lightning Policy

Effective May 1, 2017

"If you can see it (lightning), flee it; if you can hear it (thunder), clear it."

(Based upon LISD guidelines)

1. If you see lightning or hear thunder (thunder *IS* lightning), go indoors ASAP! This rule takes precedence.

- If you hear thunder, even a distant rumble, move immediately to a safe indoor place. No outdoor covered spaces are permitted.
- Coaches are responsible to ensure all players get safely into their cars or to a safe indoor place .
- Coaches are responsible to wait with any players who need to be picked up by parents/guardians.
- Thunderstorms always include lightning. Any thunder you hear is caused by lightning!
- NOAA advises that nowhere outside is safe when thunderstorms are in your area.
www.nssl.noaa.gov/education/svrwx101/lightning/faq
- Mandatory 30-minute wait time from the last observed lightning or thunder before resuming activities.
- Use good judgement. If practice has already started, cancel the practice.

2. Coaches must install and monitor the mobile WeatherBug app utilizing the Spark™ Lightning Alert feature. If lightning strikes are indicated within 12 miles (Lightning has been known to strike anywhere within 25 miles):

- Move immediately to a safe indoor place. No outdoor covered spaces are permitted.
- Coaches are responsible to ensure all players get safely into their cars or to a safe indoor place.
- Coaches are responsible to wait with any players who need to be picked up by parents/guardians.
- Thunderstorms always include lightning. Any thunder you hear is caused by lightning!
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- Mandatory 30-minute wait time from the last observed lightning or thunder before resuming activities.
- Use good judgement. If practice has already started, cancel the practice.

3. If the Monroe Stadium Lightning Detection System (THOR GUARD) alert signals, move immediately indoors.

- **** If the THOR GUARD system is not alerting lightning, but the WeatherBug app indicates lightning within 12 miles, players must move immediately to a safe indoor place.

>>> NOTE: the THOR GUARD system is NOT active on Sundays <<<

- The THOR GUARD system triggers an alert when there is a possibility of a lightning strike in the area. It is not set to a specific distance. Use the WeatherBug app to assist on when to take shelter. If the lightning strike is within a 12-mile radius, players must get off the field immediately and seek shelter indoors.
- Coaches are responsible to ensure all players get safely into their cars or to a safe indoor place.
- Coaches are responsible to wait with any players who need to be picked up by parents/guardians.
- A 30-minute minimum wait time from the last observed lightning or thunder before resuming activities.
- Use good judgement. If practice has already started, cancel the practice.

4. Coaches must honor and respect a player's or parent's choice to exit the field if they are concerned about safety.

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continued

Lightning: What You Need to Know

- **NO PLACE OUTSIDE** is safe when thunderstorms are in the area!!
- If you hear thunder, lightning is close enough to strike.
- When you hear thunder, immediately move to safe indoor shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up.
- Stay in safe shelter at least 30 minutes after you hear the last sound of thunder or see lightning.
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Indoor Lightning Safety

- Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.
- Avoid plumbing, including sinks, baths and faucets.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors, and do not lean against concrete walls.

Last Resort Outdoor Risk Reduction Tips

If you are caught outside ***with no safe shelter anywhere nearby*** the following actions *may* reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks.
- Never lie flat on the ground.
- Never shelter under an isolated tree.
- Never use a cliff or rocky overhang for shelter.
- Immediately get out and away from ponds, lakes and other bodies of water.
- Stay away from objects that conduct electricity (wire fences, power lines, etc.).

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Monroe Stadium Lightning Detection System

In the event this system is activated during the day, all students and faculty members should return to the building.

During an event in the stadium, if the system is activated, the announcer should immediately use the PA to inform the players, coaching staff and LISD staff members to seek shelter in the building or field house and all visitors to seek shelter in their vehicles until the all clear is announced over the PA.

THOR GUARD is an integrated lightening prediction and warning system. It is located on the roof of the northwest corner of the field house on the south end of the field. The controls are located in the same room as the fire alarm panels in the field house.

Absolutely no one should be on the field house roof with the system in the on position. The blast from the horn could permanently cause hearing damage. Contact Plant Services if you need to turn the system off.

Application:

THOR GUARD is used to provide advanced warning in the event atmospheric conditions exist for probably lightening for the protection of students, athletes, and maintenance staff as well as school faculty. Provides protection for daily grounds, games, tournaments and special events.

WARNING: One fifteen second audio blast signals suspension of all activities. You should immediately seek an appropriate shelter. The strobe will flash and continue to flash until safe conditions return.

You may resume activities after 3, 5 second audio blasts and the strobe stops flashing.

CRITICAL: The THOR GUARD system is set to go off when there is a possibility of a lightning strike in the area. It is not set to a certain distance. Our athletic trainers will also use WeatherBug (a free app) to assist on when to take shelter. If the strike is within a 12-mile radius, they will stay off the field until a 30-min period after the last strike.

IF the THOR GUARD system is not going off yet, but the lightning strike is within 12 miles, get our athletes off the field and clear the stadium.

Operating Times

Monday-Friday on 7am-11 pm

Saturday on 9am-11 pm

Sunday OFF

No place is absolute from lightening threat; however some places are safer than others.