

BENTONVILLE

SPORTS MEDICINE

LIGHTNING POLICY

All coaches and athletes will use the following guidelines in the event of lightning: In the event of lightning being present, the Athletic Trainer will alert all coaches when the lightning detection system detects lightning within 3-8 miles. Should an Athletic Trainer not be present, use the flash to bang method (Flash to Bang Method – count the seconds from the time that lightning is sighted to when the clap of thunder is heard. A flash to bang count of 30 seconds or less indicates an unsafe proximity). In either event all individuals are to leave the athletic site and head for safe shelter (enclosed, non-metal structure). It is recommended that you not return to the field for 30 minutes after the storm is passed (last thunder heard), or until the Athletic Trainer has given clearance. **The Athletic trainer will begin a timer from the last thunder heard. If 30 minutes has passed and thunder has not been heard, the athletic trainer can give clearance to return to participation. Should thunder be heard during the timing process, the timer must be reset until 30 minutes has passed.