

## **UVM Club Sports Lightning Protocol:**

**Purpose:** This document outlines the UVM Student Government Association Club Sports and athletic training staff policies regarding athletic participation in lightning. Strategies and policies should be implemented to minimize risk, exposure, and possibly life threatening conditions.

It shall be the official, athletic trainer, coaches, or other medical personnel's responsibility to make the call to delay the game due to inclement weather. If present, the athletic trainer will have the final authority.

### **Warning signs of thunderstorms include:**

- Temperature changes
- Dark clouds
- High wind
- Thunder or lightning

If lightning presents: **The Flash to Bang ratio shall be implemented.** This is the time between lightning flash and thunder bang. Ex: flash to bang time equals 30 seconds / 5 = storm is 6 miles away.

**When the Flash to Bang ratio reaches 30 seconds competition or practice must be stopped immediately and all participants must immediately seek safe shelter.**

Due to the potential challenges and inaccuracy with the Flash to Bang ratio, especially when multiple thunder or lightning signs are present, is it the policy of the UVM Club Sports and athletic training staff that *practice or competition may be suspended at the first site of lightning or sound of thunder.*

**\*30 minutes must pass after last thunder is heard or lightning is seen before activity may resume.**

Safe Shelter: (order of safest to least safe)

1. Grounded building
2. Vehicle with metal roof

Do not stand under trees or pole. Should you feel tingling and see your hair stand up:

- Assume a crouch position, shift weight onto balls of feet, cover eyes and ears. Do not lie on the ground.

It is OK to use a cell phone during a lightning storm to contact 911 in case of an emergency.