

Salem State University- Athletic & Recreation /Athletic Training Services Lightening Safety Policy

Since the athletic training staff is always at home contests and at most practices, they should be the individuals in charge of monitoring severe weather and deciding to remove teams or individuals from athletic sites or events. In the event that an athletic trainer is not present, the Head coach assumes this role.

1. Monitor local weather reports each day before practice or event. National Weather Service (NWS) www.weather.gov
Known the difference between a thunderstorm “watch”(conditions are favorable) and a “warning” (severe weather has been reported in an area and everyone should take proper precautions)
2. Lightening safety experts suggest that if you hear thunder, you should get ready for suspension of the event and prepare for evacuation. **If you see lightening you should suspend activity and head to designated safety locations.**
Flash/Bang Ratio: By the time the count approaches thirty seconds, all individuals should be inside the safety location.
3. Know where the closest “safe structure or location” is to the playing area and how long it takes to get to that location. A safe structure/location is:
 - a. any building normally occupied or frequently used. (has plumbing and electrical wiring to ground the building.
 - b. a vehicle with the windows up.The safety shelters for Alumni Field is **O’Keefe Complex/Gassett Fitness Center building.**
The safety shelter for the Baseball field is **the press box, Atlantic Residence Hall or the bathroom building.**
The safety shelters for the Tennis courts are **the bathroom building or the Atlantic Residence Hall.**

If you can not get to a safety location, **DO NOT** take shelter under or near trees, flagpoles or light poles. In this case, assume ***the lightening safe position*** (crouched to the ground, weight on your toes, feet together, head lowered and ears covered). **DO NOT LIE FLAT ON THE GROUND.**
4. Once activities have been suspended, wait AT LEAST 30 minutes following the last sound of thunder or strike of lightening to resume activities or returning outdoors.
5. Observe the following basic first aid procedures in managing a victim of a lightening strike:
 - a. Survey the scene for safety
 - b. Activate EMS (Campus Police)
 - c. Lightening victims **DO NOT** carry electric charge and are safe to touch
 - d. If necessary, move victim to a safer location
 - e. Evaluate ABC’s and begin CPR if necessary. It is OK to use an AED if necessary