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Excerpt from 2015-16 OSAA Handbook, Executive Board Policies

44. Lightning Safety Guidelines (From "NFHS Sports Rules Books")

(Revised Fall 2015)

- A. These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder.
- B. **Proactive Planning:**
 - 1) Assign staff to monitor local weather conditions before and during practices and contests.
 - 2) Develop an evacuation plan, including identification of appropriate nearby safe areas.
 - 3) Develop criteria for suspension and resumption of play:
 - a) When thunder is heard or a cloud-to-ground lightning bolt is seen, **the leading edge of** the thunderstorm is close enough to strike your location with lightning. Suspend play for 30 minutes and take shelter immediately.
 - b) Thirty-minute Rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c) Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - 4) Review annually with all administrators, coaches and game personnel.
 - 5) Inform student athletes of the lightning policy at start of season.
- C. For more detailed information, refer to the "Lightning and Thunder Safety" section contained in the NFHS Sports Medicine Handbook.

