

Highland Park ISD Lightning Policy

It is the policy of HPISD and the HP Sports Medicine Staff that in the event of severe weather that the following methods will be used to determine suspension of athletic activities due to lightning.

The HP Sports Medicine Staff will monitor the weather/lightning using the DTN/METEORLOGIX weather service (<http://weather.dtn.com>). This weather service provides real time radar and lightning activity in our area. It enables us to know exactly where and when lightning is present. It is accessible by computer or cell phone. If lightning is present within a ten-mile radius, athletic activity will be suspended and the 30-30 Lightning Safety rule will be in effect.

30-30 Lighting Safety Rule – Resumption of Play

Play can resume only when lightning and/or thunder has not been detected for 30 minutes. Every time lightning or thunder is detected, the 30-minute clock restarts. The “Flash-to-Bang” theory will also be used in conjunction with the DTN/METEORLOGIX service.

How to Use “Flash-to-Bang”

Count the number of seconds from the time lightning is sighted to the time that the corresponding thunder is heard. Divide by 5 to obtain the distance from your location, in miles, that the lightning is occurring. Example: If an individual counts 15 seconds between seeing a flash of lightning and hearing the bang of thunder, $15 / 5 = 3$; therefore, the lightning flash is approximately 3 miles away. **Play is suspended if the Flash-to-Bang count is less than or equal to 50 seconds. This indicates that the lightning is within the 10-mile range.**

Safe Locations

Primary locations - Any building normally occupied or frequently used by people. (Example: a building with plumbing and/or electrical wiring acts to electrically ground the structure). Avoid using shower facilities for safe shelter and DO NOT USE the showers or plumbing facilities during a thunderstorm.

Secondary locations - In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or a golf cart) and rolled-up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof, which dissipates the lightning strike around the vehicle. DO NOT TOUCH THE SIDES OF THE VEHICLE.

Additional Safety Precautions

Avoid being in or near high places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, baseball dugouts, communications towers, flagpoles, light poles, bleachers (metal or wood), metal fences, convertibles, golf carts, water (ocean, lakes, swimming pools, rivers, etc.)

When inside a building, avoid the use of landline telephones, taking a shower, washing your hands, doing dishes, or any contact with conductive surfaces with exposure to the outside such as a metal door or window frames, electrical wiring, telephone wiring, cable TV wiring, plumbing, etc.

First Aid

People who have been struck by lightning do not carry an electrical charge. Therefore, cardiopulmonary resuscitation (CPR) is safe for the responder. If possible, an injured person should be moved to a safer location before starting CPR.

Lightning strike victims who show signs of cardiac or respiratory arrest need emergency help quickly. Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes.

The Licensed Athletic Trainer, coach, or other medical personnel should consider his or her own personal safety before venturing into a dangerous situation and rendering care.