

SEVERE WEATHER GUIDELINES

On Campus

The sports medicine staff will monitor severe weather and follow local weather forecasts via computer or television for impending dangerous storms. Practice and game recommendations will be made based on the information gathered from local radar and forecasts.

FCDS has a Lightning Detection System on campus that will sound an alarm to alert athletes, coaches, personnel and fans should lightning be within a 10-mile radius of FCDS. Members of the Athletic Staff will notify teams when they should seek shelter in the Childress Activities Center, Furr Field House or Rea Stadium Locker rooms. If practice is over for the day, athletes may be permitted to go directly to their cars (Upper School only). Dugouts and overhangs are not adequate protection. This applies to visiting teams as well. Parents and other spectators should also seek shelter in cars or buildings. Coaches are responsible for their athletes until the "all clear" has been given.

Off Campus

Should you encounter a thunder or lightning storm while off campus at a site without a lightning detection system the guidelines established by the National Athletic Trainers Association along with recommendations from the National Weather Service will be followed:

If thunder and/or lightning can be heard or seen, STOP activity immediately. Seek an enclosed shelter at once (i.e. bus, restrooms; **not** dugouts and picnic shelters). Avoid being the highest point in an open field, in contact with, or proximity to the highest point, as well as being on the open water. Do not seek shelter under trees! This policy will only fail in the rarest of circumstances such as when thunderstorms form overhead and the first strike occurs then. The safety of you, your team, and our visitors is of utmost importance. Leave equipment out if it cannot be brought in immediately with you.

In the event that either of the above situations occurs, allow 30 minutes to pass after the last sound of thunder and/or lightning strike prior to resuming play.

In situations where thunder and/or lightning may be or may not be present and you feel your hair stand on end and skin tingle immediately assume the lightning safe position: crouch down into a ball, feet together, head lowered, and ears covered. DO NOT LIE FLAT!