



Swift Current Ball
(SCB)

GUIDELINES FOR THREATENING WEATHER

THREATENING WEATHER and LIGHTING POLICIES

Changing of any of the following rules by the coaches will not be permitted.

a. Threatening weather conditions and/or lightning will end the game or practice session. Due to the lack of lightning safe, enclosed structures, all Fields used by the SCB will be cleared of all persons in lightning conditions. All players, spectators, coaches and managers are to move to an area of safety (i.e. house or a motor vehicle).

b. Games scheduled to start while lightning is sighted will be cancelled if the delay due to the activation exceeds fifteen minutes past the game's posted starting time.

c. Practice sessions shall be delayed or cancelled until the lightning has cleared.

d. Dropping off players by parents or guardians will not be permitted until the lightning has cleared. For safety considerations, everyone shall remain in their cars while lightning is in the area.

"30-30 Rule"

IHSA Lightning Safety

A combination of the 30-second flash-to-bang count to suspend play and the 30-minute delay after the last lightning flash to resume activity is commonly referred to as the *30-30 Rule'.

Lightning is one of the most consistent and underrated causes of weather-related deaths or injury in the United States and Canada. Nearly all lightning-related injuries occur between the months of May and September and between the hours of 10:00 a.m. and 7:00 p.m. Therefore the greatest concern for injuries in an outdoor contest appears to be during that time.

Advance Planning:

Local Managers should have a documented plan in place, designated people who are responsible for monitoring the weather and a qualified person (typically the manager and/or officials) to make the decision to suspend play.

Monitoring Weather:

Local Managers during the contest should be aware of any potential thunderstorms that may form during the competition; and if an evacuation is needed, managers should also know how long it would take teams to get to their safest location.

Lightning Awareness:

Generally speaking, it is felt that anytime lightning can be seen, or thunder heard, risk is already present. Once that occurs, the flash to bang method should be utilized.

Flash to Bang Method - Criteria for Suspending Play:

If the local management does not have commercial weather warning equipment at the site or an efficient method of making accurate, timely decision on location, the "Flash to Bang" method is recommended by the National Severe Storms Laboratory (NSSL). The easiest and most convenient way to estimate how far away lightning is occurring is to use the flash to bang method. Simply count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide that number by 5 to obtain how far away in miles the lightning is occurring. For example, if the lightning flash is seen and then 15 second later the bang of thunder is heard, the lightning is 3 miles away. It is important that local manager monitor not only how far away the lightning is but also how fast it is approaching. The National Severe Storms Laboratory recommends that by the time the Flash to Bang count reaches 30 seconds, all individuals should have left the site and reached a safe structure,

Evacuation Plan

Safe Areas:

All personnel, athletes and spectators should be clearly informed of available safe structures or shelters in the event thunderstorm approaches. A safe structure is any fully enclosed building frequently used by people. In absence of that - athletes and spectators should go to any vehicle with a hard metal roof. Roll up the windows and do not touch the sides of the vehicle. If no safe structure or vehicle is available find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of your feet touching the ground. Wrap your arms around your knees and lower your head - Minimize contact to the ground since lightning often travels through the ground.

Avoid:

Tall trees or objects like light poles or flagpoles, individual trees, standing pools of water and open fields. Also avoid being the highest object on the field. Do not take shelter under a single tall tree. Avoid bathrooms and using the landline telephone. A cellular phone or portable phone is a safe alternative

Resuming Activity

The NSSL recommends that everyone should ideally wait at least 30 minutes after the last flash of lightning or sound of thunder before returning to the field or activity.