

# Lightning Safety

NATA's Lightning Safety Guidelines:

- Establish a chain of command that identifies who is to make the call to remove individuals from the field.
- Name a designated weather watcher. (A person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous.)
- Have a means of monitoring local weather forecasts and warnings. National Weather Service: (901) 544-0399
- Designate a safe shelter for each venue.
- “If you **Hear** in **Clear** it. If you **See** it **Flee** it.” If you **Hear** thunder, watch for lightning and be prepared to **Clear** the playing field. If you **See** lightning, **Flee** the playing field.
- Once activities have been suspended, wait at least thirty minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.
- 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 take shelter under or near trees, flagpoles, or light poles.
- Assume the lightning safe position (crouched on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.
- Observe the following basic first aid procedures in managing victims of a lightning strike:
  - Survey the scene for safety.
  - Activate local EMS.
  - Lightning victims do not 'carry a charge' and are safe to touch.
  - If necessary, move the victim with care to a safer location.
  - Evaluate airway, breathing, and circulation, and begin CPR if necessary.
  - Evaluate and treat for hypothermia, shock, fractures and/or burns.
- All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.

National Athletic Trainers' Association  
Be Smart During Lightning Season-Here's How  
<http://www.nata.org/LightningSeasonSafety>