

Lightning Safety

In the athletic training room we have a lightning detector that registers lightning up to 40 miles away. When the skies turn gray we are able to carry these to the practices fields and tennis courts and closely monitor storms that may be approaching. We also utilize the internet to closely watch the radar. It is standard policy for us that once the lightning flashes in the 8-20 mile range, we begin to head indoors. If we do not have a monitor on-sight we utilize the 30 seconds from flash to bang method. Once you see the lightning, count down from 30 seconds. If you hear the bang before that time elapses, it is time to head indoors. The head coach will make the determination as to leave the field based on this information.

Our teams will not go back on to the playing field until 30 minutes have elapsed from the last flash of lightning. This helps to ensure the safety of all student-athletes, coaches, and other personnel.

- National Athletic Trainers Association position statement on [lightning safety](http://www.nata.org). <http://www.nata.org>
- UIL statement regarding [lightning safety](http://www.uil.utexas.edu/athletics/health/index.html#add_info). http://www.uil.utexas.edu/athletics/health/index.html#add_info
- [National Lightning Safety Institute](http://www.lightningsafety.com): <http://www.lightningsafety.com>
- Current weather for [Plano, TX](#).