

ATHLETIC COMPETITION POLICIES WEATHER CONDITIONS

Lightning Safety

1. La Salle University athletic department will follow the guidelines of the NCAA regarding lightning safety.
 2. The athletic trainer will monitor the weather by using the computer weather reports and a lightning monitor. If a lightning monitor is not available follow the following guidelines:
 - If darkening skies and increasing winds prepare for evacuation.
 - When thunder is heard begin to prepare for evacuation.
 - If you see lightning suspend practice or game and head for a safe location.
 - All participants and fans must be in a safe location by the time there is 30 seconds between seeing the flash of lightning and hearing its associated thunder.
 - At night lightning can be seen at a much greater distance. At night use both the sound of thunder and seeing the lightning to decide on re-setting the 30-minute return to play clock before resuming outdoor activities.
 3. When instructions are given by the certified athletic trainer to suspend a practice or game teams should go to the nearest shelter for 30 minutes after both the last lightning detection and last sound of thunder.
 - Softball field – Germantown medical offices.
 - Tennis Courts – Hayman Center
 - McCarthy Stadium – Area under the bleachers (athletes and staff), Fans should seek shelter in the Student Union
 - DeVincent Field – Student Union
1. Lightning Facts
 - The existence of blue sky and the absence of rain are not protection from lightning. Lightning can strike from as far as 10 miles away.
 - If no safe structure is available find a thick grove with smaller trees surrounded by larger ones. Minimize your body's surface area, and minimize contact with the ground. Do not lie flat! Or get in a car with its windows rolled up. Do not touch the sides of the car.
 - Do not use a landline telephone. You may use a cell phone if you are in a safe shelter.
 - CPR is safe for the responder. A person hit by lightning does not carry a charge.

Cold Stress and Cold Exposure

Practice and Competition

- The Director of Athletic Training or designated representative will regularly monitor weather conditions during potentially unhealthy conditions.
- The following guidelines will be followed if the wind chill is:
 - Below 30F - Be aware of potential cold injury
 - Below 25F - Use additional clothing, cover as much exposed skin as possible, provide opportunities and facilities for re-warming. Change into dry clothes.
 - Below 15F - More frequent chances to re-warm and change into dry clothes.
 - Below 0F - Cancel activity.

Heat

Practice and Competition

- The Director of Athletic Training or designated representative will regularly monitor weather conditions during potentially unhealthy conditions.
- The following guidelines will be used for practice modification if the heat index is:
 - Below 80F - chance of heat illness is low but still possible, continue normal practice preparations
 - 80-85F - add additional breaks
 - 85-90F - Add additional water breaks to the practice schedule.
 - Above 90F - Chance of heat illness is greatly enhanced.