



Lampasas ISD Athletics

Lightning Policy:

The National Lightning Safety Institute and NCAA Sports Medicine Handbook promote a "Flash to Bang" method for measuring the distance between lightning and a person. This practice measures the interval between the times lightning is seen (flash) to hearing thunder (bang). Each five second count represents one mile between lightning and the person counting. It is recommended that people take immediate defensive action at a count of no less than 30 seconds. (6 miles)

The above method, in correlation with *SPARK* from the Weather Bug App will be used by the Lampasas High School Athletic Training Department and all coaches to determine when to take defensive action.

It is the responsibility of the Athletic Trainer or the designated administrator to clear all practice/game fields in the event of, "a less than 30 second count" from flash to bang. If a flash to bang count is unable to be determined, then students and coaches shall seek shelter if a *SPARK* alert is TEN MILES OR LESS. If the Lampasas Athletic Trainer or Lampasas administrator is not present, then it will be the responsibility of the Head Coach to clear all fields in his/her control.

If there is a game in progress when the Athletic Trainer or designated administrator determines that the area need to be cleared, then he/she will notify the game officials that the game is to be immediately suspended. The LHS Field House and/or large equipment sheds shall be used as a safe shelter for all outside sports. A dugout is NOT considered a safe shelter. All sports at or near Lampasas Middle school will use the Middle School gyms as the designated safe shelter.

Teams may NOT return to play/practice until a 30 minute waiting period is completed WITHOUT a positive 6 mile, "flash to bang" or a *SPARK* alert inside 10 miles. The 30 minute wait period will start over each time a new strike is detected. Indefinite suspension of play, cancellation, and/or rescheduling due to continuous lightning will be determined by a joint effort between coaches, officials, and administrators. UIL rules and regulations and District Athletic Policy procedures will be followed.

It will be the responsibility of the Lampasas Athletic Trainer to notify the game administrator and officials of this policy, prior to the start of each contest.