

WEATHER POLICY FOR AVON JR. SHARKS LACROSSE PROGRAM



The Sharks board has established this inclement weather policy as part of our continued commitment to the health and safety of all Lacrosse players in the program. And we ask for full cooperation from parents, players, coaches and referees alike to ensure that no one gets injured during inclement weather. This weather policy will be posted in the Lacrosse website.

The Sharks board is issuing this weather policy for the safety of your children. To insure that your children are safe, it is important that you are aware of the weather conditions during the time your child is involved playing lacrosse. If weather conditions are questionable before practice or games begin, please contact the team manager unless an email has gone out to the team. If you have already dropped off your child and weather conditions have changed and there is lightning and thunder or a tornado watch, please return to practice or game field immediately to pick up your child.

COACHES, REFEREES AND PARENT VOLUNTEERS

Detection of Lightning

All coaches and referees must be aware of conditions that may produce thunderstorms and lightning. Signs of impending storms include increasing wind, darkening skies, lightning and thunder.

The "flash/bang" (f/b) technique of measuring the distance to lightning must be used by all personnel. The f/b technique is defined as: for each five seconds from the time of observing the lightning flash to hearing the associated thunder, the lightning is one mile away.

Suspension/Resumption of Activities based on the

All outside activities will be suspended when a lightning flash is immediately in the area or a f/b of 20 seconds (4 miles away) is noted. Outdoor activities will resume when 30 minutes have passed since the last observable f/b is 20 seconds or greater.

Lightning Protection

When notification is given, all outside lacrosse activities will stop. All lacrosse sticks must be dropped. All coaches and players will gather at the shelter area for a head count and further instructions. At this time do not handle any lacrosse equipment or use any electrical equipment or telephones. When a safe location is not present and people are caught by a sudden lightning event, all those affected should seek the lowest possible area, away from large objects which might attract lightning or fall over, e.g., trees, utility poles.

Tornado Protection

When notification is given, all outside lacrosse activities will stop. All coaches and players will gather at the shelter for a head count and further instructions. When a safe location is not present and people are caught by a sudden tornado event, all those affected should seek the lowest possible area, away from large objects which might fall over, e.g., trees, utility poles. All coaches and players should assume a crouching position with their head lowered and hands over their ears.