Emergency Plan and Lightning Safety Policy

Introduction

Emergency situations may arise at anytime during athletic events. Expedient action must be taken in order to provide the best possible care to the athletes of emergency and/or life threatening conditions. The development and implementation of an emergency plan will help ensure that the best care will be provided.

Athletic organizations have a duty to develop an emergency plan that may be implemented immediately when necessary and to provide the best appropriate standards of health care to all sports participants. As athletic injuries may occur at any time and during any activity, the sports medicine team must be prepared. This preparation involves formulation of an emergency plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine.

Hopefully, through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the sports medicine team will enable each emergency situation to be managed appropriately.

Components of the Emergency Plan

There are three basic components of this plan:

1. Emergency personnel
2. Emergency communication
3. Emergency equipment

Emergency Plan Personnel

With athletic association practices and competition, the first responder to an emergency situation is typically a member of the sports medicine staff, most commonly a certified athletic trainer. A team physician may not always be present at every organized practice or competition. The type and degree of sports medicine coverage for an athletic event may vary widely, based on such factors as the sport or activity, the setting, and the type of training or competition. The first responder in some instances may be a coach or other institutional personnel. Certification in cardiopulmonary resuscitation (CPR), first aid, prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instruction, and strength and conditioning.

The development of an emergency plan cannot be complete without the formation of an emergency team. The emergency team may consist of a number of healthcare providers including physicians, emergency medical technicians, certified athletic trainers; student athletic trainers, coaches, managers, and, possibly, bystanders. Roles of these individuals within the emergency team may vary depending on various factors such as the number of members of the team, the athletic venue itself, or the preference of the head athletic trainer.

There are four basic roles within the emergency team. The first and most important role is immediate care of the athlete. The most qualified individual on the scene should provide acute care in an emergency situation. Individuals with lower credentials should yield to those with more appropriate training.

The second role, equipment retrieval, may be done by anyone on the emergency team who is familiar with the types and location of the specified equipment needed. Student athletic trainers, managers, and coaches are good choices for this role.

The third role, EMS activation, may be necessary in situations where emergency transportation is not already present at the sporting event. This should be done as soon as the situation is deemed an emergency or a life-threatening event. Time is the most critical factor under emergency conditions. Activating the EMS system may be done by anyone on the team. However, the person chosen for this duty should be someone who is calm under pressure and who communicates well over the telephone. This person should also be familiar with the location and address of the sporting event.

After EMS has been activated, the fourth role in the emergency team should be performed, that of directing EMS to the scene. One member of the team should be responsible for meeting emergency medical personnel as they arrive at the site of the contest. Depending on ease of access, this person should have keys to any locked gates or doors that may slow the arrival of medical personnel. A student athletic trainer, manager, or coach may be appropriate for this role.

<u>Roles within the Emergency Team</u>

1. Immediate care of the athlete
2. Activation of the Emergency Medical System
3. Direction of EMS to scene

<u>Activating the EMS System</u>

Making the Call:

- On campus call x2911, from a cell phone 349-2911
- Telephone numbers for local police, fire department, and ambulance service.

Providing information:

- Name, address, telephone number of caller

- Number of athletes
- Condition of athlete(s)
- First aid treatment initiated by first responder
- Specific directions as needed to locate the emergency scene ("come to south entrance of coliseum")
- Other information as requested by dispatcher

When forming the emergency team, it is important to adapt the team to each situation or sport. It may also be advantageous to have more than one individual assigned to each role. This allows the emergency team to function even though certain members may not always be present.

Emergency Communication

Communication is the key to quick delivery of emergency care in athletic trauma situations. Athletic trainers and emergency medical personnel must work together to provide the best possible care to injured athletes. Communication prior to the event is a good way to establish boundaries and to build rapport between both groups of professionals. If emergency medical transportation is not available on site during a particular sporting event then direct communication with the emergency medical system at the time of injury or illness is necessary.

Access to a working telephone, or other telecommunications device, whether fixed or mobile, should be assured. The communications system should be checked prior to each practice or competition to ensure proper working order. A back-up communication plan should be in effect should there be failure of the primary communication system. The most common method of communication is a public telephone. However, a cellular phone is preferred if available. At any athletic venue, whether home or away, it is important to know the location of a workable telephone. Pre-arranged access to the phone should be established if it is not easily accessible.

Emergency Equipment

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good operating condition, and should be checked on a regular basis and use rehearsed by emergency personnel. The emergency equipment available should be appropriate for the level of training for the emergency medical providers. It is important to know the proper way to care for and store the equipment as well. Equipment should be stored in a clean and environmentally controlled area. It should be readily available when emergency situations arise.

Transportation

Emphasis is placed at having an ambulance on site at high risk sporting events. EMS response time is additionally factored in when determining on site ambulance coverage.

The athletic administration coordinates on site ambulances for competition in football. Ambulances may be coordinated on site for other special events/sports, such as major tournaments or Big South/NCAA regional or championship events. Consideration is given to the capabilities of transportation service available (i.e. Basic Life Support or Advanced Life Support) and the equipment and level of trained personnel on board the ambulance. In the event that an ambulance is on site, there should be a designated location with rapid access to the site and a cleared route for entering/exiting the venue.

In the emergency evaluation, the primary survey assists the emergency care provider in identifying emergencies requiring critical intervention and in determining transport decisions. In an emergency situation, the athlete should be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate care. Emergency care providers should refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that the activity areas are supervised should the emergency care provider leave the site in transporting the athlete.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on how well trained and prepared athletic healthcare providers are. It is prudent to invest athletic department "ownership" in the emergency plan by involving the athletic administration and sport coaches as well as sports medicine personnel.

The emergency plan should be reviewed at least once per year with all athletic personnel, along with CPR and first aid refresher training. Through development and implementation of the emergency plan, the athletic administration helps ensure that the athlete will have the best care provided when an emergency situation does arise.

Emergency Plan: Football Game Field

Emergency personnel: Certified athletic trainer and student trainer on-site for practices and competitions; additional sports medicine staff accessible from Williams-Brice Athletic Training Room.

Emergency Communication: Use radio to call into training room, STAY ON THE RADIO. If no one answers, proceed to next option. A certified trainer will be carrying a cellphone, call 349-2911, they will patch into campus police after call has been taken. Provide name, location, location of injured athlete, and a brief description of the emergency.

Emergency Equipment: splints and first aid supplies on cart with staff during practice. Additional equipment (AED, trauma kit, additional splints, assistive devices, and spine board) accessible in the Williams-Brice athletic training room. An AED unit is also available in the campus security vehicles.

Role of First Responder:

- Immediate care of injured or ill student-athlete using standard Red Cross First Aid protocols
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)
    - Call x2911 (provide name, address, telephone; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested
    - Notify campus police (officer on duty)
- Direction of EMS to scene
    - Open appropriate gates
    - Designate individual to "flag down" EMS and direct to scene
    - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions:
The football field is located on the corner of Hwy 544 and University Blvd. Access to the field is from the main parking lot, off University Blvd.

Venue Map: enclosed

Emergency Plan: Soccer Game Field

Emergency personnel: Certified athletic trainer and student trainer on-site for practices and competitions; additional sports medicine staff accessible from Williams-Brice Athletic Training Room.

Emergency Communication: Use radio to call into training room, STAY ON THE RADIO. If no one answers, proceed to next option. A certified trainer will be carrying a cellphone, call 349-2911, they will patch into campus police after call has been taken. There is a payphone located in the NE corner of the parking lot across the street from the field. Provide name, location, location of injured athlete, and a brief description of the emergency.

Emergency Equipment: splints and first aid supplies on cart with staff during practice. Additional equipment (AED, trauma kit, additional splints, assistive devices, and spine board) accessible in the Williams-Brice Athletic Training room. An AED unit is also available in the campus security vehicles.

Role of First Responder:

- Immediate care of injured or ill student-athlete using standard Red Cross First Aid protocols
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)
    - Call x2911 (provide name, address, telephone; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested
    - Notify campus police (officer on duty)
    - Direction of EMS to scene
    - Open appropriate gates
    - Designate individual to "flag down" EMS and direct to scene
    - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions:
The soccer game field is located on University Blvd, across the street from the football field. There is an access road at the northwest corner of the field.

Venue Map: enclosed

Emergency Plan: Softball Field

Emergency personnel: Certified athletic trainer and student trainer on-site for practices and competitions; additional sports medicine staff accessible from Williams-Brice Athletic Training Room.

Emergency Communication: Use radio to call into training room, STAY ON THE RADIO. If no one answers, proceed to next option. A certified trainer will be carrying a cellphone, call 349-2911, they will patch into campus police after call has been taken. There is a campus call box located near the tennis courts and the parking lot. Provide name, location, location of injured athlete, and a brief description of the emergency.

Emergency Equipment: Splints and first aid supplies on cart with staff during practice. Additional equipment (AED, trauma kit, additional splints, assistive devices, and spine board) accessible in the Williams-Brice Athletic Training room. An AED unit is also available in the campus security vehicles.

Role of First Responder:

- Immediate care of injured or ill student-athlete using standard Red Cross First Aid protocols
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)
    - Call x2911 (provide name, address, telephone; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested
    - Notify campus police (officer on duty)
- Direction of EMS to scene
    - Open appropriate gates
    - Designate individual to "flag down" EMS and direct to scene
    - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions:
The softball field is located behind the Athletic Administration building on Chanticleer Drive, West. Access is turning onto Chanticleer Drive West, and then turning left into the first parking lot of the Athletic Administration building, going straight onto the access road to the softball field.

Venue Map: enclosed

Emergency Plan: Baseball Field

Emergency personnel: Certified athletic trainer and student trainer on-site for practices and competitions; additional sports medicine staff accessible from Williams-Brice Athletic Training Room.

Emergency Communication: Use radio to call into training room, STAY ON THE RADIO. If no one answers, proceed to next option. A certified trainer will be carrying a cell phone, call 349-2911, they will patch into campus police after call has been taken. There is a campus callbox in between the tennis courts and parking lot. Provide name, location, location of injured athlete, and a brief description of the emergency.

Emergency Equipment: Splints and first aid supplies on cart with staff during practice. Additional equipment (AED, trauma kit, additional splints, assistive devices, and spine board) accessible in the Williams-Brice Athletic Training room. An AED unit is also available in the campus security vehicles.

Role of First Responder:

- Immediate care of injured or ill student-athlete using standard Red Cross First Aid protocols
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)
    - Call x2911 call (provide name, address, telephone; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested
    - Notify campus police (officer on duty)
- Direction of EMS to scene
    - Open appropriate gates
    - Designate individual to "flag down" EMS and direct to scene
    - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions:
The baseball field is located in between the main athletics parking lot and the Williams Brice Center. Access is gained through the main parking lot, which is off of the University Blvd. Proceed to the gate in the right field corner, which is on the right side of the parking lot as you turn in.

Venue Map: enclosed

Emergency Plan: IM Fields

Emergency personnel: Certified athletic trainer and student trainer on-site for practices and competitions; additional sports medicine staff accessible from Williams-Brice Athletic Training Room.

Emergency Communication: Use radio to call into training room, STAY ON THE RADIO. If no one answers, proceed to next option. A certified trainer will be carrying a cellphone, call 349-2911, they will patch into campus police after call has been taken. Provide name, location, location of injured athlete, and a brief description of the emergency.

Emergency Equipment: splints and first aid supplies on cart with staff during practice. Additional equipment (AED, trauma kit, additional splints, assistive devices, and spine board) accessible in the Williams-Brice Athletic Training room. An AED unit is also available in the campus security vehicles.

Role of First Responder:

- Immediate care of injured or ill student-athlete using standard Red Cross First Aid protocols
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)
    - Call x2911 call (provide name, address, telephone; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested
    - Notify campus police (officer on duty)
- Direction of EMS to scene
    - Open appropriate gates
    - Designate individual to "flag down" EMS and direct to scene
    - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions:
The IM field is located on Founder's Drive. Access is gained off of Hwy 544, turning right onto Founder's Drive; the field will be on the left. An alternative route is off of University Blvd, turning onto Chanticleer Drive, West going straight, then turning left onto Founder's Drive (the track complex is on the corner), the field is then on the right.

Venue Map: enclosed

Emergency Plan: Fowler Farm (FB and Soccer Practice Fields)

Emergency personnel: Certified athletic trainer and student trainer on-site for practices and competitions; additional sports medicine staff accessible from Williams-Brice Athletic Training Room.

Emergency Communication: Use radio to call into training room, STAY ON THE RADIO. If no one answers, proceed to next option. A certified trainer will be carrying a cellphone, call 349-2911, they will patch into campus police after call has been taken. Provide name, location, location of injured athlete, and a brief description of the emergency.

Emergency Equipment: splints and first aid supplies on cart with staff during practice. Additional equipment (AED, trauma kit, additional splints, assistive devices, and spine board) accessible in the Williams-Brice Athletic Training room. An AED unit is also available in the campus security vehicles.

Role of First Responder:

- Immediate care of injured or ill student-athlete using standard Red Cross First Aid protocols
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)
    - Call x2911 call (provide name, address, telephone; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested
    - Notify campus police (officer on duty)
- Direction of EMS to scene
    - Open appropriate gates
    - Designate individual to "flag down" EMS and direct to scene
    - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions:
The Fowler Farm is located adjacent to Hwy 544. Access is obtained either from Hwy 544, along the football practice field or through the access gate on Chanticleer Drive, West at the south end of the track.

Venue Map: enclosed

Emergency Plan: Weight Room

Emergency personnel: CPR and First Aid certified Strength Coach is onsite for strength training sessions; additional sports medicine staff accessible from Williams-Brice Athletic Training Room.

Emergency Communication: Use fixed line in weight room (349-2837) to call x2911, notify campus police immediately. Provide name, location, location of injured athlete, and a brief description of the emergency.

Emergency Equipment: Equipment (AED, trauma kit, additional splints, assistive devices, and spine board) accessible in the Williams-Brice Athletic Training room. An AED unit is also available in the campus security vehicles.

Role of First Responder:

- Immediate care of injured or ill student-athlete using standard Red Cross First Aid protocols
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)
    - Call x2911 call (provide name, address, telephone; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested
    - Notify campus police (officer on duty)
- Direction of EMS to scene
    - Open appropriate gates
    - Designate individual to "flag down" EMS and direct to scene
    - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions:
The weight room is located in the Athletic Administration building on Chanticleer Drive, West. Access is gained going through the first parking lot of the administration building; there is an access door around the backside of the building with a direct entrance into the weight room.

Venue Map: enclosed

Emergency Plan: Track Complex

Emergency personnel: Certified athletic trainer and student trainer on-site for practices and competitions; additional sports medicine staff accessible from Williams-Brice Athletic Training Room.

Emergency Communication: A certified trainer will be carrying a cellphone, call 349-2911, they will patch into campus police after call has been taken. A fixed emergency call box at the entrance to the stadium, call campus police. Provide name, location, location of injured athlete, and a brief description of the emergency.

Emergency Equipment: splints and first aid supplies on cart with staff during practice. Additional equipment (AED, trauma kit, additional splints, assistive devices, and spine board) accessible in the Williams-Brice Athletic Training Room. An AED unit is also available in the campus security vehicles.

Role of First Responder:

- Immediate care of injured or ill student-athlete using standard Red Cross First Aid protocols
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)
    - Call x2911 call (provide name, address, telephone; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested
    - Notify campus police (officer on duty)
- Direction of EMS to scene
    - Open appropriate gates
    - Designate individual to "flag down" EMS and direct to scene
    - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions:
The track complex is located on the corner of Chanticleer Drive, West and Founder's Drive. Access is gained off of Chanticleer Drive, West.

Venue Map: enclosed

Emergency Plan: Tennis Courts

Emergency personnel: Certified athletic trainer and student trainer on-site for practices and competitions; additional sports medicine staff accessible from Williams-Brice Athletic Training Room.

Emergency Communication: Use radio to call into training room, STAY ON THE RADIO. If no one answers, proceed to next option. A certified trainer will be carrying a cellphone, call 349-2911, they will patch into campus police after call has been taken. Provide name, location, location of injured athlete, and a brief description of the emergency.

Emergency Equipment: first aid supplies with staff during practice. Additional equipment (AED, trauma kit, additional splints, assistive devices, and spine board) accessible in the Williams-Brice Athletic Training room. An AED unit is also available in the campus security vehicles.

Role of First Responder:

- Immediate care of injured or ill student-athlete using standard Red Cross First Aid protocols
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)
    - Call x2911 (provide name, address, telephone; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested
    - Notify campus police (officer on duty)
- Direction of EMS to scene
    - Open appropriate gates
    - Designate individual to "flag down" EMS and direct to scene
    - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions:
The tennis courts are located at the far end of the main athletics parking lot. The lot is accessible from University Drive.

Venue Map: enclosed

Emergency Plan: Williams-Brice Center (Arena & Pool)

Emergency personnel: Certified athletic trainer and student trainer on-site for practices and competitions; additional sports medicine staff accessible from Williams-Brice Athletic Training Room.

Emergency Communication: From training room (349-2823), call x2911. Provide name, location, location of injured athlete, and a brief description of the emergency.

Emergency Equipment: First aid supplies are on-site during practices. Splints and assistive devices (bear-chair, crutches, etc.) are on-site during competitions. Additional equipment (AED, trauma kit, additional splints, assistive devices and spine board) accessible in the Williams-Brice Athletic Training room. An AED unit is also available in the campus security vehicles.

Role of First Responder:

- Immediate care of injured or ill student-athlete using standard Red Cross First Aid protocols
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)
    - Call x2911 (provide name, address, telephone; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested
    - Notify campus police (officer on duty)
- Direction of EMS to scene
    - Open appropriate gates
    - Designate individual to "flag down" EMS and direct to scene
    - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions:
The Williams-Brice Center is located at the corner of University Blvd and Chanticleer Drive, West. Access is gained on Chanticleer Drive, West at the south entrance to the arena.

Venue Map: enclosed

Coastal Carolina
UNIVERSITY



Campus Map Legend

1 University Hall (Rotunda - Welcome Center / Bookstore /
H. Dale Williams Center for Learning)
2 Kingston Hall (Admissions / Financial Aid)
3 Student Center / CINO Grille
4 Kimbel Library
5 Wheelwright Auditorium
6 Kearns Hall
7 Athenaeum Hall (Public Safety)
8 Edward M. Singleton Building
9 Eldred E. Prince Building
10 R. Cathcart Smith Science Center
11 E. Craig Wall Sr. College of Business Administration
12 Thomas W. and Robin W. Edwards College of Humanities and Fine Arts
13 Indigo House (Human Resources / Equal Opportunity)
14 Hampton Hall
15 Arcadia Hall (Athletic Administration)
16 Kimbel Arena
17 Williams-Brice Recreation Center
18 Sands Hall (Print Shop / Purchasing / U.S. Post Office)
19 Shipping and Receiving
20 Winyah House (Facilities Management)
21 The Woods Residence Halls
21A. Oak 21D. Dogwood
21B. Cypress 21E. Elm
21C. Maple 21F. Palmetto
22 The Rivers Residence Halls
22A. Waccamaw 22B. Santee
23 The Commons / Student Dining Hall
24 Student Activity Field
25 Track and Field Facility
26 Baseball Practice Field
27 Softball Field
28 Billy Nichols Tennis Center
29 Joseph W. Holliday Tennis Practice Courts
30 Charles L. Watson Baseball Stadium
31 Football Stadium
32 Soccer Field
33 The Gardens Residence Halls
33A. Azalea
33B. Magnolia
34 Student Health Center

COASTAL CAROLINA UNIVERSITY

SPORTS MEDICINE DEPARTMENT

LIGHTNING SAFETY POLICIES

The keys to lightning safety are education and prevention. Prevention should begin long before any athletic event. The first preventative measure to mitigate the lighting hazard is for the coaching/athletic staff to check the weather report each day before a practice or an event. In this way, the staff will be aware of the possibility a storm's forming or moving into the area during the day. The athletic training room is equipped with Thor Guard Lightning Detection System and has access to Doppler radar via the internet, which can assist in monitoring severe weather.

Second, the coaching/ athletic training staff should be aware of the signs of nearby thunderstorm development. Lightning and thunder activity in the local area are the alarms for the coaching/athletic training staff to start monitoring thunderstorm activity, such as direction of movement and distance of lightning flashes. It is imperative to understand that lightning storms can become threatening in as little as half an hour. Furthermore, coaching/athletic training staff should know the location of the safe shelter located closest to the athletic site and how long it takes to reach that shelter. Safe shelter is defined as (1) and sturdy building that metal plumbing or wiring, or both, to electrically ground the structure, i.e. not a shed and (2) in the absence of a sturdy building as described above, any vehicle with a hard with a hard metal roof. (i.e. not a convertible or golf cart) with the windows rolled up.

Third, the coaching/athletic training staff should be aware of how close lightning is occurring. This will be based on the Thor Guard system. If Thor Guard is unavailable, the "flash-to-bang" method will be utilized to estimate how far away lightning is occurring. Simply stated, count the seconds between seeing the lightning "flash" and hearing the clap of thunder ("bang"). Divide this number by five to determine how far away (in miles) lightning activity is occurring.

The Athletic Training Department of Coastal Carolina University recommends the following policy on lightning safety for intercollegiate outdoor athletic activities, including swimming.

1. The ability to continue outdoor activities will be based on the following Hazard Levels provided by the Thor Guard Lightning Detection System:

    A. ALL CLEAR: Indicates a safe environment. All activities may continue without interruption.

    B. CAUTION: Normal energy shifts are occurring. All activities may continue without interruption.

C. WARNING: A significant amount of energy has moved into the area being monitored. All outdoor activities may continue, however all individuals involved should have a heightened awareness of potential dangerous weather conditions.

D. RED ALERT: All outdoor activities must cease. All individuals must seek shelter as described above immediately. Outdoor activities may not continue until an ALL CLEAR level is reached. Once a Red Alert level has been reached, the athletic training staff will utilize radios and/or cell phones to communicate with those teams and individuals involved in outdoor activities.

2. If the "flash-to-bang" interval is decreasing rapidly, and the storm is approaching your location, or if the "flash-to-bang" count approaches thirty (30) seconds, all outdoor and swimming pool intercollegiate athletic activities must cease. All persons must immediately leave the athletic site or the swimming pool area and seek shelter. The locker room shower and plumbing facilities *do not* provide safe shelter and should not be used during this time.

3. Stay away from tall individual trees, lone objects (e.g., lights or flag poles), metal objects (e.g., metal fences or bleachers), standing pools of water, and open fields. Avoid being the tallest objects in a field. *Do not* take shelter under a single tall tree.

4. If there is no safe shelter within a reasonable distance, crouch in a thick grove of small trees surrounded by taller trees or in a dry ditch. Crouching with only your feet touching the ground and keeping you feet close together, wrap your arms around your knees and lower your head to minimize your body's surface area. *Do not lie flat!*

5. Do not remain in a boat or continue to swim in open water. Locate safe shelter as quickly as possible.

6. If you feel your hair stand on end or your skin tingle or hear crackling noises, immediately crouch (as in No. 3) to minimize your body surface area.

7. Allow 30 minutes to pass after the **last** sound of thunder or flash of lighting before resuming any intercollegiate athletic activity.
8. Do not use the telephone unless there is an emergency. People have been struck by lightning and killed while using landline telephone. Cellular or mobile phone may be used.

9. Lightning strike victims *do not* carry an electrical charge. CPR is safe for the first responder and has been shown to be effective in reviving lightning strike victims.

10. Pay much more attention to lightning threat than to rain. It need not be raining for lightning to strike; lightning can strike far away from the rain shaft.

The onus of removing a team or individual from an athletic site in the event of dangerous and imminent lightning activity is on the coach supervising the activity. The safety of any team or student-athlete ultimately rests with that coach. Whenever possible, the full-time certified athletic training staff will advise the coach supervising the activity as to the danger and proximity of lightning threat. However, the responsibility still remains with the supervising coaches to remove their teams or individuals from a field or event site.

With the information and background on lightning presented in this policy, the coach or athletic trainer, or both, can make an intelligent and safe decision regarding the removal of a team or individuals from an athletic site or the stopping of play during dangerous thunderstorm activity. In addition, any individuals who feel they are in danger of any lightning activity have the right to leave a field or event site to seek safe shelter.

The following is the recommendation from the Athletic Training Department for each athletic venue on the campus of Coastal Carolina University.

Practices:

A decision to delay or interrupt practice will be made by the certified athletic training staff member on site. If the decision is made to clear the field, then all athletes, coaches, and staff members should seek shelter at the recommended areas listed below.

Games:

Prior to kick-off, decision to delay start of game due to adverse weather conditions will be decided by athletic training staff on site with assistance from the game management officials. Once game has begun, decision to postpone game due to adverse weather conditions will be decided by the head referee/umpire with input from the athletic training staff and game management officials. If the decision is made to clear the field, then all athletes, coaches, and staff members should seek shelter at the recommended areas listed below.

Brooks Stadium (football):

Practices: If the decision is made to clear the field, then all athletes, coaches, and staff members should retreat to the home locker room.

Games: If the decision is made to delay or postpone game due to adverse weather conditions, then all athletes, coaches, and staff members from both teams should retreat to their designated locker rooms. All spectators will be escorted to safety located beneath the stands on the East and West sides of the stadium.

Soccer Stadium (men's and women's soccer):

Practices: If the decision is made to clear the field, then all athletes, coaches, and staff members should retreat to the visiting team locker room at Brooks Stadium.

Games: If the decision is made to delay or postpone game due to adverse weather conditions, then all athletes, coaches, and staff members from both teams should retreat to their designated locker rooms. All spectators will be escorted to safety beneath the stands on the East side of Brooks Stadium.

Charles L. Watson Stadium (baseball):

Practices: If decision is made to clear the field all athletes, coaches, and staff members should retreat to locker room connected to the home team dugout on the West side of the field.

Games: If the decision is made to delay or postpone game due to adverse weather conditions, then all athlete, coaches, and staff members from both teams should retreat to their designated locker rooms. All spectators will be escorted to safety beneath the stands on the East side of Brooks Stadium

Softball Stadium (softball):

Practices: If decision is made to clear the field all athletes, coaches, and staff members should retreat to designated locker room located in the Athletic Administration Building.

Games: If the decision is made to delay or postpone game due to adverse weather conditions, then all athletes, coaches, and staff members from both teams should retreat to their designated locker rooms. All spectators will be escorted to safety in the Williams-Brice Physical Education Building.

Billy Nichols Tennis Center (men's and women's tennis):

Practices: If decision is made to clear the courts all athletes, coaches, and staff members should retreat to the tennis house located adjacent to the courts.

Matches: If the decision is made to delay or postpone match due to adverse weather conditions, then all athletes, coaches, and staff members from both teams should retreat to the Athletic Administration Building. All spectators will be escorted to the Athletic Administration Building.

Joseph W. Holliday Tennis Practice Courts:

All individuals should retreat to the Williams-Brice Physical Education building.

Track and Field Complex (men's and women's track and field):

Practices: If the decision is made to clear the track all athletes, coaches, and staff members should retreat to the Athletic Administration Building.

Meets: : If the decision is made to delay or postpone meet due to adverse weather conditions, then all athletes, coaches, and staff members from both teams should retreat to the Athletic Administration Building. All spectators will be escorted to the Athletic Administration Building.

Fowler Farm Practice Complex (football and soccer):

Practices: : If the decision is made to clear the field, then all athletes, coaches, and staff members should retreat to their designated locker rooms.