

# INTRAMURAL SEVERE WEATHER POLICIES

## IMPORTANT REMINDER ABOUT SEVERE WEATHER PROCEDURES

Please note that as club officers you have a responsibility to follow the severe weather policy outlined in the first aid manual that you have received when meeting with me. It is VERY important that you adhere to this policy as team members could be severely or fatally injured and you would be negligent if you as the leaders of the team do not follow the policy as outlined. See the below.

## DENISON UNIVERISTY SEVERE WEATHER POLICY

The below severe weather policy was established after extensive research and with the recommendations of the National Weather Service. Due to the unpredictable and rapidly changing nature of adverse weather and the potential catastrophic consequences of participating in outdoor sports and activities during threatening weather, this policy is to be followed explicitly and without delay.

1. All outdoor club sport and intramural activities shall be stopped immediately in the event of lightning or thunder. All participants shall be instructed to take shelter under cover in the nearest safe area. It is extremely important to plan ahead and identify the nearest safe area (see below for more detailed information). It is well documented that thunder is the result of atmospheric disturbance caused by lightning; therefore, if thunder is heard, lightning is occurring.
2. Participants shall be allowed back outdoors when no lightning or thunder has been observed for at least 30 minutes. Many victims of lightning strikes are injured or killed when they return outdoors too quickly "after the storm has passed" and are struck by lightning from the trailing edge of the storm.
3. The above policy should be followed during all practices, games and other outdoor events.

## AMERICAN RED CROSS GUIDELINES ON WHAT TO DO IN SEVERE WEATHER:

### -Before the Storm:

- Check the weather forecast before participation and watch for signs of approaching storms
- Postpone outdoor activities if thunderstorms are imminent.

### -When Thunderstorms Approach:

- Move to a sturdy building or car. Do not take shelter in small sheds, under isolated trees, or in convertible automobiles.
- If lightning is occurring and a sturdy shelter is not available, get inside a hard top automobile and keep windows up.
- Get out of boats and away from water.
- Telephone lines and metal pipes can conduct electricity. Avoid using the telephone or any electrical appliances. Use telephones only in an emergency.
- Get to higher ground if flash flooding or flooding is possible.

### -If Caught Outdoors and No Shelter is Nearby:

- Find a low spot away from trees, fences, and poles. Make sure the place you pick is not subject to flooding.
- If you are in the woods, take shelter under the shorter trees.
- If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. Make yourself the smallest target possible, and minimize your contact with the ground.
- If you are boating or swimming, get to land and find shelter immediately!