



SCITUATE HIGH SCHOOL

GUIDELINE FOR LIGHTNING SAFETY



Thunder or lightning necessitates that all outdoor practices and competitions be suspended.

When thunder is heard or when lightning is seen, the following procedures must be executed:

1. Suspend play
2. Direct participants to shelter - a building normally occupied
3. If a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car)

FIELDS

1. **ALL Scituate High School Fields** - Direct to Scituate High School. If the school is locked, direct to bus, vans or cars.
2. **Gates Fields** - Direct to Gates School. If the school is locked, direct to bus, vans or cars.
3. **Central Fields** - Direct to bus, vans or cars

Do not permit people to stay in dugouts, stand under/near a tree, stand near light poles, and stand near fences. Stay away from antennas, towers and underground watering systems.

SAFEST POSITION IF CAUGHT IN THE OPEN

- Place feet close together
- Crouch down with arms overhead
- Do not lie flat on the ground

After thunder and/or lightning has left the area, **wait 30 minutes** after the last boom is heard or strike is seen before resuming play or competition.