

Glenbrook Aquatics

Inclement Weather and Lightning Guidelines

Glenbrook South and Glenbrook North both employ the Perry Weather lightning prediction and warning system as an aid in predicting severe weather situations. Because of this, it is important that all Glenbrook Aquatics personnel know the Perry Weather warning system and take appropriate precautions when the system indicates impending severe weather.

1. When the Perry Weather System Activates:

A strobe light mounted on the pool wall unit will continue to flash until the all-clear signal has been granted.

When the warning of flashing strobe occurs, all personnel (players, coaches, spectators and officials) must evacuate the pool and seek safe shelter away from windows.

Once the all clear is granted the strobe light will turn off at this time.

Contests in the pool may not resume until the all-clear is granted and the strobe light has shut off.

2. If there is lightning, but the Perry Weather system does not activate - use the "30-30 Rule":

Thirty (30) second flash-to-bang - count the number of seconds from the time you see the lightning (flash) until you hear the thunder (bang). If this number is 30 or less, all personnel must evacuate the pool and seek safe shelter.

Once you have evacuated the pool, there should be a 30 minute wait from the last lightning flash or thunderclap until resuming swimming.

3. Contest officials may use their discretion:

Even if the Perry Weather system does not activate and there are more than 30 seconds from flash-to-bang, once swimming has begun, the contest official has the authority to suspend the meet based upon his/her determination of the safety of the participants.

In such situations, school officials or GA leadership team members should meet with the meet officials to determine the length of the suspension and resumption of the contest.

4. Safe Shelter:

A safe location is out of the water and away from windows and doors.

5. Sample Announcement for Severe Weather during meets:

"Ladies and Gentlemen: We are requesting your assistance in seeking safe shelter due to current weather conditions. Swimmers are to exit the pool and meet with their coaches on the walls away from the windows. When it is safe to continue, an announcement will be made. The teams will warm up and swimming will then continue. Thank you for your cooperation."

TORNADO WARNINGS

The local emergency alert system (siren) will sound. All swimmers, coaches, and spectators should seek shelter in a safe and predetermined location (such as the back hallways or locker rooms).

PROCEDURE:

The school has predetermined and identified safe zones in each building (interior hallways and locker rooms). Seek shelter in an interior hallway or locker room, away from windows. Assume the Duck and Cover position – with your hands covering and protecting your head.

GLENBROOK AQUATICS POLICIES AND PROCEDURES FOR SWIMMERS AND THEIR PARENTS:

1. All Glenbrook Aquatics personnel should seek shelter in inclement weather and or lightening situations
2. Glenbrook Aquatics coaches will not allow any participant to leave until it is deemed safe to do so, even if they drive themselves, unless a parent or guardian picks up their own child (see #3 below)
3. If a parent or guardian wants to pick up their child during inclement weather, they must enter the building to pick up their child, talk to a coach, and then they may take their child from practice or a meet
4. Glenbrook Aquatics coaches will not allow students to wait near doors, windows, or outside during inclement weather.
5. Parents that attend practices or meets as spectators are expected to seek shelter as well.

The NFHS Sports Medicine Advisory Committee (SMAC) Guidelines on Handling Contests During Lightning or Thunder Disturbances

Even though large, substantial buildings containing electrical wiring and plumbing are generally considered as safe, there may still be a potential risk of lightning injury in certain situations indoors. Lightning can enter a building through electrical or telephone wiring and plumbing, which makes locker-room shower areas, swimming pools (indoor and outdoor), landline telephones, and electrical appliances unsafe during thunderstorms because of the potential contact injury. Even if the building is customarily grounded for electricity, lightning is often fast enough and powerful enough to spread and injure someone before the ground fault interrupters or other systems are triggered to protect the person touching any of these systems. Indoor swimming pools are just as dangerous as outdoor pools because lighting, heating, plumbing, and drains used in indoor pools ultimately connect to materials outside the building that can be used to transmit the lightning energy into the building or pool. If people cannot reach a safer location when thunderstorms are in their area, they should at least avoid the riskiest locations and activities, including elevated places, open areas, tall isolated objects, and being in, on, or at the edge of large bodies of water, including swimming pools, as all of these locations are not lightning safe!

Remember, The NFHS Guidelines state that activities should be suspended at the first sound of thunder or sighting of lightning and should not be resumed until 30 minutes after the last thunder is heard or lightning is seen or the Thor Guard gives the ALL CLEAR. Everyone should be aware of lightning as a threat, and those who oversee participants, whether they are responsible for health care, are coaches, or meet officials, should be proactive in vacating all student-athletes and spectators to a safer location.