

WEATHER AWARENESS

It is spring time in North Texas and here comes some of the most dangerous weather of the year. Thunderstorms can be dangerous, with high wind, heavy rains, possible flooding and hail. Tornadoes also start showing up in the spring. Getting ready for these storms means:

- Be prepared
 - Have supplies and evacuation route from home or neighborhood
- Be informed
 - Know the weather forecast, check on family and friends
- Be location aware
 - Have a plan for shelter no matter where you are
- Be aware of help
 - Know what is available and how to access the info or services



Always be aware of the weather conditions. The use of a weather radio or similar devices would be beneficial. As always, check the forecast before going out and let someone know where you will be.

Weather Safety Tips

Scan this code with your smartphone for links on preparing for severe weather.

(Free QR scanners are in your phone's app store.)



LIGHTNING SAFETY

Safe Shelter:

1. A safe location is any substantial, frequently inhabited building. The building should have four solid walls, electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.
2. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows completely closed. It is important to not touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.
3. It is not safe to shower, bathe or talk on landline phones while inside a safe shelter during thunderstorms (cell phones are OK).

Flash-to-Bang:

To use the flash-to-bang method, begin counting when sighting a lightning flash. Counting is stopped when the associated bang (thunder) is heard. Divide this count by five to determine the distance to the lightning flash (in miles). For example, a flash-to-bang count of thirty seconds equates to a distance of six miles. Lightning has struck from as far away as 10 miles from the storm center. Most athletic organizations try to have the field cleared by the 8 mile point (40 count) because most strikes are 5 – 7 miles long.

(Submitted by Dave Burton, MS, LAT, ATC from Lakewood Orthopaedics & Sports Medicine in Dallas, TX. This information was condensed from NATA Position Statement: “Lightning Safety for Athletics and Recreation” and various government sources.)