

Edmond LAX
5 Rules to Live by during Inclement Weather

1. Leaving the field of play (practice/game).

Referee to make the call to leave the field in inclement weather. At a practice, coaches are urged to use common sense to provide a safe environment for their charges.

2. Outside weather observer.

A member of the coaching staff, who has few responsibilities during practice/play, should advise the officials on the change of the weather.

3. Local Forecast.

A member of the administrative staff, coaching staff or medical staff shall be assigned to monitor the weather forecast during the day.

4. Shelter.

Use the "30-30 Rule." That is, when one sees lightning – one begins counting in seconds until one hears thunder. If one hears thunder in 30 seconds or less, go quickly to shelter.

5. Suspension of Play.

The recommendation from NWS, the NATA and the NFHS is that all athletes and fans shall remain in shelter for 30 minutes past the last lightning observed.