PROSPECT RIDGE ACADEMY ATHLETIC DEPARTMENT

LIGHTNING POLICY (Updated 8/2026)

PRA Athletic Trainer will monitor weather conditions during on-campus practices and games. The AT will meet with officials, coaches, and game management prior to a game when weather is suspected to cause a delay. Coaches should also be aware of weather conditions in their area if they are off campus or if the AT is away from school.

When lightning is within 10 miles of the field:

- ALL coaches and athletes are to evacuate the open field
- Seek shelter immediately
    - Cars
    - Locker rooms
    - Inside the main building
- Dugouts are NOT safe!

Once lightning strikes within 10 miles, fields are to be kept clear for 30 min. If lightning strikes again within the 30 min window, the 30 min delay starts over. There are two ways to correctly detect the distance of lightning:

- WeatherBug App: WeatherBug has an app with a “spark” feature that scans the sky and tells you exactly how far away the lightning is.
- Flash-to-Bang: count from the sight of the flash to the bang and divide by 5 to get the rough estimation of miles. (Keep in mind though, you may not see lightning because it’s behind a building or behind the clouds)

The National Athletic Trainers’ Associate position of lightning safety:

Alert	Meaning
“Heads up”	Lightning within 15 mi
Begin safety procedures	Lightning within 10 mi
You are now in danger: safety procedures should be complete	Lightning within 6 mi
All Clear	Lightning has not been detected at 10 miles for 30 min