



Memorandum

To: State Association Sports Medicine Staff Liaisons

From: Alex Diamond, *DO, MPH, FAAP, FAMSSM (NFHS SMAC Chair)*
Bob Colgate, NFHS Director of Sports and Sports Medicine

Subject: Lightning

Date: April 8, 2024

Greeting from the NFHS SMAC! I hope this memo finds you well and enjoying spring. We need to continue to remember to try and do all that we can to minimize risk for all of the lives that we protect, those of our students.

It is important that state associations continue to educate their member schools on the importance of having an established Lightning Policy / Plan in place for all outdoor high school sports and activities and for indoor swimming pools and that this Policy / Plan is current, practiced and executed.

School administrators, athletic directors, coaches, parents and students should also be made aware of the following Lightning resources from the NFHS and the NFHS Sports Medicine Advisory Committee (SMAC):

NFHS SMAC Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances – (January 2021)

<https://www.nfhs.org/media/4295169/guidelines-on-handling-practices-and-contests-during-lightning-or-thunder-disturbances-final-2-14-21.pdf>

NFHS High School Today Article (May 2021) – “Schools Should Establish Proactive Lightning Policy”

<https://www.nfhs.org/articles/schools-should-establish-proactive-lightning-policy/>

NFHS High School Today Article (April 2018) – “Guidelines for Developing Lightning Safety Policies”

<https://www.nfhs.org/articles/guidelines-for-developing-lightning-safety-policies/>

School administrators, athletic directors, coaches, parents and students should also be made aware of the following Lightning resources from the National Weather Service, NOAA, Centers For Disease Control and Prevention (CDC), National Athletic Trainer’s Association (NATA) and the Korey Stringer Institute (KSI):

National Weather Service – “Lightning Safety Tips and Resources”

<https://www.weather.gov/safety/lightning>

NOAA – “Lightning Safety”

<https://www.noaa.gov/jetstream/lightning/lightning-safety>

Centers for Disease Control and Prevention (CDC) – “Lightning Safety Tips”

<https://www.cdc.gov/disasters/lightning/safetytips.html>

NATA Position Statement (April 2013) – “Lightning Safety for Athletics and Recreation”

https://www.nata.org/sites/default/files/2013_lightning-position-statement.pdf

KSI: “Lightning”

<https://ksi.uconn.edu/emergency-conditions/lightning/>

I hope you find these resources helpful.

Thanks as always for what you do for our students across the country!

Alex Diamond, *DO, MPH, FAAP, FAMSSM*

Chair – NFHS Sports Medicine Advisory Committee