

## Davis Mountains Fitness and Training Camp, Inc Lightning Policy

If a thunderstorm threatens, seek shelter immediately.

### Indoor Safety Tips

- **Avoid water.**  
Do NOT bathe, shower, wash dishes, or have any other contact with water during a thunderstorm because lightning can travel through a building's plumbing.
- **Don't touch electronic equipment.**  
Do NOT use anything connected to an electrical outlet, such as computers, laptops, game systems, washers, dryers, or stoves. Lightning can travel through electrical systems, radio and television reception systems, and any metal wires or bars in concrete walls or flooring.
- **Avoid windows, doors, porches, and concrete.**  
Stay away from windows and doors, and stay off porches. Do NOT lie on concrete floors or lean on concrete walls during a thunderstorm.
- **Don't use corded phones.**  
Corded phones are NOT safe to use during a thunderstorm. Do NOT use them. However, it is safe to use cordless or cellular phones during a storm.

### Outdoor Safety Tips

- **Be aware.**  
Check the weather forecast before participating in outdoor activities. If the forecast calls for thunderstorms, postpone your trip or activity, or make sure suitable safe shelter is readily available.
- **Go indoors.**  
Remember the phrase, "**When thunder roars, go indoors.**" Find a safe, enclosed shelter when you hear thunder. Safe shelters include homes, offices, shopping centers, and hard-top vehicles with the windows rolled up.
- **Seek shelter immediately, even if caught out in the open.**  
If you are caught in an open area, act quickly to find shelter. The most important action is to remove yourself from danger. Crouching or getting low to the ground can reduce your chances of being struck, but it does not remove you from danger.
- If you are caught outside with no safe shelter nearby, the following actions might reduce your risk of being struck by lightning:
  - Immediately get off elevated areas such as hills, mountain ridges, or peaks.

- Never lie flat on the ground. Crouch down in a ball-like position with your head tucked and hands over your ears so that you are down low with minimal contact with the ground.
  - If possible, sit on something dry and non-conducting, (rope, dry pack); on slopes, squat with feet facing downhill and try to keep hands off the ground.
  - Never shelter under an isolated tree. If you are in a forest, shelter near lower trees; avoid open meadows/terrain.
  - Never use a cliff or rocky overhang for shelter.
  - Avoid places previously struck by lightning; lightning will strike the same place twice.
  - Immediately get out of and away from ponds, lakes, and other bodies of water.
  - Stay away from objects that conduct electricity (such as barbed wire fences, power lines, or windmills).
- **Separate from others.**  
If you are in a group during a thunderstorm, separate from each other. This will reduce the number of injuries if lightning strikes the ground.
  - **Don't stay in open vehicles.**  
During a thunderstorm, avoid open vehicles such as convertibles, motorcycles, and golf carts.
  - **Don't stay in open structures.**  
Avoid open structures such as porches, gazebos, baseball dugouts, and sports arenas. These structures won't protect you from lightning.
  - **Avoid open spaces.**  
Stay away from open spaces such as golf courses, parks, playgrounds, ponds, lakes, swimming pools, and beaches. Seek shelter immediately.
  - **Don't stay near tall structures.**  
Stay away from tall structures, such as telephone poles and trees; lightning tends to strike the tallest object around.

### **First-aid in case of lightning injury.**

Send for help/911. Ensure it is safe for you to assist an injured person. In many cases of lightning injuries to humans, the diaphragm and muscles of the chest become paralyzed; the victim is unable to breathe but may still have a heartbeat. Quick action MUST be taken – if no breathing, begin rescue breaths immediately. Lightning injuries can also disrupt the electrical activity of the heart; if the victim has no pulse, chest compressions must also be performed.