

# SECTION 9

## APPENDIXES

### Appendix 1: Lightning Protocol

The following safety protocol **MUST** be followed as per the New Brunswick Safety Guidelines for Secondary Interschool Athletics, 2014:

#### Chain of Command:

The person filling the roles listed below are responsible for making the decision to remove a group or individuals from the playing field, stopping the activity and determining when/if it is safe to resume the activity:

Practices: teacher/coach

Games: teacher/coach in consultation with official

#### Planning in Advance

The following must be taken into consideration:

1. **Weather Conditions:** Monitor weather conditions prior to practice or event. Be aware of potential thunderstorms that may form during scheduled practices or athletic events. (e.g., local weather forecasts from the Weather Channel, local radio/TV stations).
2. **Shelter:** Know where the closest 'safe structure or location' is to the field or playing area and know how long it takes to get to that safe structure or location.

#### Safe structure or location is defined as:

- Any building normally occupied or frequently used by people (e.g.: a building with plumbing and electrical wiring that acts to electrically ground the structure).
- In the absence of a safe structure, **any vehicle with a hard metal roof** (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. (It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof which dissipates the lightning strike around the vehicle.)
- **DO NOT TOUCH THE SIDES OF THE VEHICLE.**

**Alternate location:** If there is no safe structure or location:

- Find the low ground. Seek cover in clumps or bushes or a dry ditch.
- Remove all metal objects.
- Minimize your body's surface area in contact with the ground. Do not lie flat on the ground. (Lightning current often enters a victim through the ground rather than by a direct overhead strike).
  - **PLACE YOUR FEET TOGETHER, LOWER YOUR HEAD, CROUCH DOWN WITH ONLY THE BALLS OF YOUR FEET TOUCHING THE GROUND, AND WRAP YOUR ARMS AROUND YOUR KNEES.**
- If you are in a group in the open, spread out keeping people several meters apart.

#### Unsafe shelter includes:

Near flag poles	Near fences and gates
Light poles	Metal bleachers
Golf carts	Machinery, etc.
All outdoor metal objects (e.g., football standards)	

**AVOID** trees, water (e.g., ponds, creeks), open fields and high ground.

**Detection and Response:** When you first see lightning or hear thunder, activate your emergency plan and seek shelter immediately (go to a building or a vehicle.) Lightning often precedes rain, so don't wait for the rain to begin before suspending activities.

Apply the following lightning safety slogan:

**'IF YOU SEE IT, FLEE IT; IF YOU HEAR IT; CLEAR IT'.**

**Resumption of the Activity:** Wait a minimum of 30 minutes from the last visual observation of lightning or sound of the thunder before resuming activities.

Injured persons do not carry an electrical charge and can be handled safely. **Call 911** or send for help immediately. Apply first aid procedures if you are qualified to do so.

### Appendix 2: Concussion

#### Concussion Definition

A concussion:

- is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotions/behavioural (e.g., depression, irritability) and/or related to sleep (e.g., drowsiness, difficulty falling asleep);
- may be caused either by a direct blow to the head, face or neck, or a blow to the both that transmits a force to the head that causes the brain to move rapidly within the skull;
- can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness; and,
- cannot normally be seen on X-rays, standards CT scans or MRI's.

Schools should follow the Concussion Management Procedures as per the New Brunswick Safety Guidelines for Secondary Interschool Athletics, 2014.

The NBIAA is **highly recommending** that coaches complete the free online concussion course "*Making Head Way*" at [www.coach.ca](http://www.coach.ca). This course is **mandatory** for coaches of *basketball*, cheerleading, field hockey, football, hockey, rugby, soccer, swimming, track & field and wrestling.