

Davis Mountain Fitness and Training Camp, Inc. Lightning Policy

If a thunderstorm threatens, seek shelter immediately.

INSIDE:

- 1) Go inside a large building or home and stay inside.
- 2) Stand clear from doors and windows.
- 3) Keep away from electrical equipment and appliances including hand held items such as hairdryers.
- 4) Do not attempt to unplug TV's, stereos or computers.
- 5) Avoid contact with sinks, faucets, baths, showers and piping.
- 6) Do not use the telephone except for emergency calls. Cordless is O.K.

OUTSIDE

- 1) Avoid the high ground (i.e.) areas that are higher than the surrounding landscape.
 - 2) Do not use a tree as a shelter.
 - 3) Avoid standing near tall or metal objects such as fences, poles, power lines, clothes lines and rails.
 - 4) Keep away from metal objects including bicycles, motorcycles, golf carts, and farm equipment.
 - 5) If you are with a group of people, spread out.
 - 6) If you feel a tingling and your hair stands on end, lightning may be about to strike.
 - 7) Think about crouching down with your feet together and keep your head low. Do not lie down or place your hands on the ground.
 - 8) Get away from bodies of water big and small, including swimming pools, lakes, fish ponds, streams, etc.
 - 9) If possible, get inside a car and roll up the windows. Don't touch any metal parts inside.
 - 10) Stop swimming and/or outdoor fitness activities as soon as you see or hear a storm. Resume the activity 30 minutes after the storm passes.
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