

2. Develop an evacuation plan, including identification of appropriate nearby safe areas.
  3. Develop criteria for suspension and resumption of play:
    - a. When thunder is heard within 30 seconds of a visible lightning strike, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
    - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
    - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
  4. Review annually with all administrators, coaches and game personnel.
  5. Inform student-athletes of the lightning policy at start of season.
- For more detailed information, refer to the "Lightning and Thunder Safety" section contained in the NFHS Sports Medicine Handbook. **(Revised: May 2014)**
- 2.5.6 **Tobacco Products, Alcoholic Beverages and Controlled Substances:** The North Carolina High School Athletic Association emphatically opposes the use of tobacco (including e-cigarettes/vapor cigarettes), alcohol and other drugs by student-athletes, coaches (including volunteer coaches) and officials.
- (a) Participants, coaches and other team representatives and officials, including chain crew, official scorers and timers, should not use any tobacco product, alcoholic beverage or controlled substance at a game site; **violation of the policy will result in ejection from the contest. (Revised: May 2014)**
  - (b) Member schools are encouraged to make all school property, vehicles including charter buses used by participants, and particularly game sites, tobacco-free and alcohol-free zones. They are also encouraged to cooperate fully with police agencies in the enforcement of the criminal laws prohibiting the sale or use of tobacco products, alcoholic beverages, and controlled substances to minors.
  - (c) In order to minimize health and safety risks to North Carolina's student-athletes, maintain ethical standards as well as reduce liability risks, school personnel and coaches should never knowingly supply, recommend or permit the use of any drug, medication or food supplement solely for performance enhancing purposes.
- 2.5.7 **Performance Enhancing Substances:** The Board supports and endorses the stance of the NFHS in terms of performance-enhancing substances: "In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes."
- 2.5.8 **Infectious Disease Policy:** The North Carolina High School Athletic Association has adopted the National Federation Guidelines in an effort to minimize the possibility of transmission of any infectious disease during a high school athletic practice or contest. Each school is strongly encouraged to develop its own action plan for the prevention of the transmission of infectious diseases.

#### **Communicable Disease and Skin Infection Procedures**

While the risk for blood-borne infectious diseases, such as HIV/Hepatitis B, remains low in sports, proper precautions are needed to reduce the risk of spreading diseases. Along with these issues are skin infections that occur due to skin contact with competitors and equipment.

#### **Universal Hygiene Protocol for All Sports**

- Shower immediately after all competition and practice
- Wash all workout clothing after practice
- Wash personal gear, such as knee pads, periodically
- Don't share towels or personal hygiene products with others
- Refrain from (full body) cosmetic shaving

#### **Infectious Skin Diseases**

Means of reducing the potential exposure to these agents include:

- Notify guardian, athletic trainer and coach of any lesion before competition or practice. Athlete must have a health-care provider evaluate lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members or potential spread of the infectious agent.
- Follow NFHS or NCHSAA guidelines on "time until return to competition."  
Allowance of participation with a covered lesion can occur if approved by health-care provider and in accordance with NFHS or NCHSAA guidelines.