



Lake Forest High School

Athletic Trainers
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To: LFHS West Campus Coaches, Officials, and Others
Re: Lightning Warning System & Lightning Safety

A Thor Guard Lightning Prediction System is in use at LFHS West Campus. The system is active from 7 am to 8 pm; effective May 1 it will be active from 6 am to 9 pm. This system detects the atmospheric conditions that could produce lightning, then sounds an audible alarm and flashes strobe lights on top of the gymnasium building and the concession stand building at the corner fields early enough for everyone to get into shelter before an actual lightning strike occurs.

15 second continuous horn blast, strobe lights flashing: Potentially Dangerous Conditions, TAKE SHELTER in the main school building or in your car (be sure not to touch any metal surfaces)

Three 5 second blasts, strobe lights off: Dangerous Conditions Passed, May resume activity

You should still be aware of weather conditions, as the system is not foolproof and there may be occasions where you see lightning but the system does not activate. In these cases count the seconds from when you see the flash until you hear the thunder. The Illinois High School Association has adopted the “30-30 Rule”. In the absence of weather warning equipment, play should be suspended and everyone should take cover if the flash-to-bang count is 30 seconds or less, and should not resume activity until 30 minutes after the last lightning flash.

If caught in the open during a thunder and lightning storm and the hair on your head or neck begins to stand on end, go inside the nearest building immediately! If no shelter is available, crouch down immediately in the lowest possible spot and roll up in a ball with feet on the ground. Do not lie down. If outdoors during a thunder and lightning storm, avoid water! Also avoid metal objects such as wires, fences, railroad tracks, etc.