

## Medical and Inclement Weather Plan

Event Managers are required to communicate the following plan to team contacts prior to the event and have a copy available on site at the medical area.

Resources: [Health, Safety and Liability Guidelines](#) & [TD Manual](#)

### Nearest Hospital

**Name:**

**Address:**

**Phone Number:**

**Map Link**

### **Medical Services provided at tournament**

Will the medical personnel be providing injury prevention and injury response services or just one or the other? Will there be ice available? Will they be able to tape? Please let teams know what they can expect during the tournament as far as medical care.

### **Where will the medical staff be at the event**

### **How can teams contact the medical staff** (phone, radio)

### **How will event staff communicate weather, emergency & schedule changes to teams**

**Any other relevant information specific to your tournament, if applicable** (Facility specific weather policies)

## **USA Ultimate Weather Policy** (Facility may have their own policy)

You can find all [Health, safety, and liability information here](#)

### For Lightning:

Flash-to-Bang: Begin counting when a lightning flash is sighted. Stop counting when the associated thunder is heard. Divide the count by five to determine how far away the lightning is. 30 seconds equals about six miles. Lightning has been known to strike from as far away as 10 miles, even under clear skies. By the time the Flash-to-Bang count has reached 30 seconds, all individuals should be in a safe shelter location. Wait at least 30 minutes after the last flash of lightning or sound of thunder before resuming play.

### For Extreme Heat and Cold:

Refer to [Medical Staff Requirements](#) above. When the Heat Index reaches 100F ([see NOAA/National Weather Service Heat Index Chart](#)), play must be suspended. In colder temperatures and/or wetter conditions, it is important to be cognizant of conditions conducive to hypothermia