

# Oregon School Activities Association

Softball SRI Bulletin / January 24, 2014

2014 SRI Pre-Season Bulletin #2

## WEATHER

### THUNDER & LIGHTNING

The combination of heat and humidity brings the threat of thunder and lightning. For officials working the high school games, dealing with severe weather should be a fairly straightforward issue. ***NFHS policy dictates that if cloud-to-ground lightning is visible or thunder is heard, play is to be suspended for a minimum of 30 minutes. All participants are to clear the playing area and seek shelter. Each time there is an additional flash of lightning or the sound of thunder, the 30 minute resets.***

There is no gray area when the skies turn gray and the thunder rolls. *“If you hear thunder it is time to get off the field immediately or you don’t hear thunder but you see lightning really far away is also an indication to get off the field immediately.”* **The safety of everyone involved should be first and foremost in our minds.** Don’t make the mistake of thinking the storm is far off or waiting till you hear more thunder. As officials, we take an oath to protect all participants, players and fans alike, from any and all injury to the best of our ability. When the decision to stop a contest, you will not be the most popular person in attendance. However, you will have done the right thing.

### RAIN

Rain is at best an annoyance. In wet weather it is important for members to communicate with each other about field conditions and other situations that may affect safety. ***If you have a partner(s), get together as a crew before stopping or suspending a contest, to be sure that you are on the same page.***

### TIPS FOR DEALING WITH THE WEATHER

- Be prepared for the conditions that you will be dealing with.
- Allow for extra travel time so you have time for a good pregame.
- Always make the safety of the athletes your first concern.
- If you are working on a grass or grass-and-dirt field at the high school level or below, it probably isn’t as well maintained as you would like.

Be sure you’re fully hydrated, regardless of the temperature. Dehydration is a factor in cold weather as well as extreme heat.

## SUGGESTED GUIDELINES FOR CONCUSSION MANAGEMENT

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

### **Common Signs and Symptoms of Concussion Include:**

- headache
- sensitive to light and sounds
- fogginess
- mood changes (irritable, anxious or tearful)
- difficulty concentrating
- appears dazed or stunned
- easily confused
- confused about assignment
- slowed thought process
- forgets plays
- dizziness, poor balance
- loses consciousness
- blurred vision
- nausea

Athletes in many sports that involve contact are susceptible to concussions. Sports officials are encouraged more than ever to be aware of common signs and symptoms of an athlete that may have suffered a concussion. For further detail please see the “**NFHS Suggested Guidelines for Management of Concussion**” at [www.nfhs.org](http://www.nfhs.org).

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