



## 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 Hospitals

#### [Santa Monica Urgent Care](#)

[524 Colorado Avenue, Santa Monica, CA 90401](#) · (310) 394-2273

Open until 5:00 PM

#### [UCLA Medical Center, Santa Monica](#)

[1250 16th Street, Santa Monica, CA 90404](#) · (424) 259-6000

Open 24 hours

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

- Athletic trainers
- Santa Monica / Los Angeles Lifeguards & EMTs

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

- Athletic trainers will be stationed at Tournament central
- Santa Monica / Los Angeles Lifeguards & EMTs will be at lifeguard towers and in Lifeguard / EMT beach trucks

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

- Athletic trainers can be contacted in person at tournament central or via radio through tournament volunteers.
- Santa Monica / Los Angeles Lifeguards & EMTs can be contacted in person at lifeguard towers and in Lifeguard / EMT beach trucks



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

- Via emails to captains and on the USA Ultimate website and via Twitter <https://twitter.com/USAUltimateLive> and with #BeachWesterns.

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

- Games will be played rain or shine, except in the event of a life-threatening weather emergency

## 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