

Lightning Safety Guidelines

1. Remember that prevention and education are the keys.
2. Obtain a weather report prior to practice or games. When outside, keep an eye on your cell phone weather app. if you suspect a storm is approaching.
 - a. Know that the existence of blue sky and the absence of rain are not protection from lightning. Lightning can strike as far as 10 miles away from any rainfall.
 - b. When a storm is approaching, monitor the situation carefully.
 - c. No place outside is safe near a thunderstorm.
 - d. Open fields and elevated places are the most dangerous when it comes to lightning.
 - e. The activity with the largest lightning casualty rate is outdoor sports and recreation- please take immediate action when lightning and thunder are in the area.
3. Assess and Act-On Immediate Risk
 - a. At every practice, game, should there be t-storms in the area, the coach, club official, or referee (when there is a referee) are responsible for assessing current weather conditions and determining when to abandon the field when lightning or thunder are approaching.
 - b. If lightning is observed or you hear thunder-abandon the field and seek shelter immediately. If you can't see the lightning but do hear thunder, then lightning is close enough to strike you – seek shelter immediately.
 - c. After hearing the last thunder or observing lightning, wait at least 30 minutes before resuming play. Remember, every time you hear thunder or observe lightning the clock resets to zero and the 30 minute wait starts again.
4. Take Shelter in a Safe Location
 - a. Remember that no place outside is safe with nearby thunderstorms.
 - b. The best shelter is a large, fully enclosed, substantially constructed building.
 - c. A vehicle with a solid metal roof and metal sides is a reasonable second choice. Stay inside the vehicle with windows up – do not lean on the vehicle.
5. Avoid the most Dangerous Locations:
 - a. Higher elevations
 - b. Wide-open areas, including fields
 - c. Tall isolated objects, such as trees, poles, or light posts
 - d. Unprotected open buildings such as pavilions, picnic shelters, or bus stops
 - e. Metal fences and metal bleachers

No lightning safety policy guidelines will provide 100% guaranteed safety; however, following this guideline will help avoid most casualties or injuries.