



## LIGHTNING POLICY

- **NO PLACE** outside is safe when lightning is in the area.
- If you hear thunder & see lightning, immediately move to safe shelter.
- Safe shelter is a substantial building or inside an enclosed, metal-topped vehicle.
- Always follow directions given by onsite Park & Rec personnel or onsite officials & trainers.

### Lightning Protocol:

- If lightning is observed or thunder is heard before the start of a game, 30 minutes must pass without another lightning strike or hearing of thunder before the game can be started. **Officials are required to wait up to, but not to exceed, one hour after the first observed lightning strike or heard thunder.**
- If lightning is observed or thunder heard AFTER the start of a game, 30 minutes must pass without another lightning strike or hearing of thunder before the game can be re-started. **Officials are required to wait up to, but not to exceed, one hour after the first observed lightning strike.**

***Coaches, Players & Parents must follow protocol as dictated by the Officials on site and remain in safe shelter, at the field, unless informed by the Officials that the game has been called.***

### Safe Shelter Safety Tips:

- Stay off corded phones, computers & other electrical equipment that put you in direct contact with electricity.
- Avoid plumbing, including sinks, baths & faucets.
- Stay away from windows, doors & porches.
- Do not lie on concrete floors and do not lean against concrete walls.

### Last Resort Outdoor Risk Reduction Tips:

NO PLACE outside is safe when lightning is in the area, but if you are caught outside with no safe shelter anywhere nearby, the following actions may reduce your risk.

- Immediately get off elevated areas such as hills, mountain ridges or peaks.
- NEVER lie flat on the ground.

- NEVER use a tree for shelter.
- NEVER use a cliff or rocky overhang for shelter.
- Immediately get out and away from ponds, lakes & other bodies of water.
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc).
- UNDER NO CIRCUMSTANCES should ANY of the above actions be taken if a building or an all metal vehicle is nearby.

### **If someone is struck:**

- Victims do not carry an electrical charge and may need immediate medical attention.
- Monitor the victim and begin CPR or AED (if available & necessary).
- Call 911 for help. The safety of our players, coaches, officials & spectators are our #1 priority.