

Hanover Soccer Club Lightning Policy¹

The purpose of this policy is to provide guidelines for all involved when thunderstorms approach and the threat of lightning is great. The Hanover Soccer Club is strongly committed to providing a safe sports atmosphere during the soccer seasons for all participants, including players, parents, fans, coaches, and referees.

- Lightning awareness should be heightened at the first flash of lightning, clap of thunder, and/or other signs of an impending storm, such as increasing winds or darkening skies, no matter how far away. These types of activities should be treated as a warning or wake-up call to athletics personnel.
- Lightning safety experts suggest that if you hear thunder, begin preparation for evacuation. If you see lightning, all activities should be suspended and you should begin evacuating to designated safe location.
- Coaches should instruct their players, parents, etc. to go to their vehicles with a hard metal roof, with the windows shut, to provide a measure of safety. The hard metal frame and roof, not the rubber tires, are what protects occupants by dissipating lightning current around the vehicle and not through the occupants. It is important not to touch the metal framework of the vehicle.
- To resume athletics activities, lightning safety experts recommend waiting 30 minutes after both the last sound of thunder and after the last flash of lightning is at least six miles away, and moving away from the venue. The general rule of thumb is 1 mile of distance for every 5 seconds between the flash and the thunder (30 secs=6 miles). If lightning is seen without hearing thunder, lightning may be out of range and therefore less likely to be a significant threat.
- People who have been struck by lightning do not carry an electrical charge. Therefore, cardiopulmonary resuscitation (CPR) is safe for the first responder. If possible, an injured person should be moved to a safer location before starting CPR. Lightning strike victims who show signs of cardiac or respiratory arrest need prompt emergency care. Call 911 and activate your emergency action plan immediately. Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes.

1. This policy contains excerpts from the NCAA Lightning Safety article found at <http://www.ncaa.org/health-and-safety/lightning-safety>