



Late spring and early fall is a prime time for outdoor sports--it is also when lightning is most prevalent. Each year, an average of 25 million lightning flashes strike the ground in the United States, making lightning the most dangerous and frequently encountered thunderstorm hazard. Stay safe and active outdoors by following these guidelines.

## Lightning Safety

- When lightning or thunder is seen or heard, all outside activities should be stopped.
- All student-athletes, coaches, field personnel, and spectators should seek appropriate indoor shelter. Appropriate shelters can include: school buildings, locker rooms, gymnasiums, grounded structures, or automobiles. Avoid trees, metal objects and standing water.
- Student-athletes, coaches, field personnel and spectators should remain in shelter for 30 minutes after the last thunder or lightning is seen or heard and the all clear is given by field manager.
- If you hear thunder, you are within 10 miles of the storm and are at risk of getting struck by lightning.
- **FLASH TO BANG CALCULATION**  
1. See lightning    2. Count the seconds until you see thunder    3. Number of seconds ÷ 5 = distance away in miles



## Do's and Don'ts

**DO:** establish a **chain of command** and identify who makes the call to remove players from the field.

**DO:** designate a **weather watcher** to monitor the local weather.

**DO:** remember that lightning is most common from **afternoon to early evening**.

**DO:** **postpone outdoor activities** if a thunderstorm is eminent.

**DO:** identify a **safe, full enclosed building**, such as a school, field house, library, to use if lightning begins.

**DO:** seek shelter in a **fully enclosed metal vehicle**, such as a school bus, car or van.

**DO:** **stand away** from showers, sinks, indoor pools, appliances, and electronics.

**DO:** allow individuals to **head indoors** to wait out the storm if they feel in danger.

**DO:** **call EMS** if someone suffers a lightning-related injury.

**DO:** **move the victim** (as appropriate and with care) indoors, if necessary.

**DO:** **elevate the airway** breathing and circulation as necessary, and begin CPR if necessary.

**DON'T:** evacuate to open structures, such as picnic, park, weather shelters or storage sheds, tents, dugouts, refreshment stands, screened porches, press boxes, and open garages.

**DON'T:** stand near open water, on elevated areas or under tall objects, such as trees, poles and towers.

**DON'T:** resume activities until 30 minutes after the last strike of lightning is seen and the last sound of thunder is heard.

**DON'T:** believe the myths, lightning victims don't carry a charge; they're safe to touch.