



## LIGHTNING SAFETY

### 1. Lightning Safety/Severe Weather (When thunder roars, go indoors!)

The safety of players, coaches, management, and spectators is the primary concern in any weather event that occurs during all matches. To plan for a safe day, check the weather forecast first. If thunderstorms are forecast, avoid being outdoors at that time or make an alternate plan.

- a. Ultimately, the referee has the final say over delaying or restarting a match due to weather. Waiting to stop play or not waiting to start play may result in a serious injury or loss of life.
- b. Referees are expected to act responsibly when dealing with such events during matches.
- c. Watch the skies for developing thunderstorms and listen for thunder. If you can hear thunder, you can get hit by lightning. As soon as you hear thunder, quickly get to a safe location. More people are struck before and after a thunderstorm than during one. Get to a safe place.
- d. Stay inside for 30 minutes after the last rumble of thunder.
- e. If caught outdoors far from shelter, stay away from tall objects. This includes trees, poles, wires and fences. Take shelter in a low-lying area but be on the alert for possible flooding.

### 2. Please note the following recommendations from Environment Canada:

- a. **To plan for a safe day, check the weather forecast first.** If thunderstorms are forecast, avoid being outdoors at that time or make an alternate plan. Identify safe places and determine how long it will take you to reach them.
- b. **Watch the skies for developing thunderstorms and listen for thunder.** As soon as you hear thunder, quickly get to a safe location. If you can hear thunder, you are in danger of being hit by lightning. More people are struck before and after a thunderstorm than during one.
- c. **Get to a safe place.** A safe location is a fully enclosed building with wiring and plumbing. Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning. If no sturdy building is close by, get into a metal-roofed vehicle and close all the windows.
- d. **Do not handle electrical equipment, telephones or plumbing.** These are all electrical conductors. Using a computer or wired video game system, taking a bath or touching a metal window frame all put you at risk of being struck by lightning. Use battery-operated appliances only.
- e. **If caught outdoors far from shelter, stay away from tall objects.** This includes trees, poles, wires and fences. Take shelter in a low-lying area but be on the alert for possible flooding.

### 3. First Aid for Lightning Victims

Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes.

- a. Lightning victims do not carry an electrical charge and can be safely handled.
- b. Call for help. Victims may be suffering from burns or shock and should receive medical attention immediately. Call 9-1-1 or your local ambulance service.
- c. Give first aid. If breathing has stopped, administer cardio-pulmonary resuscitation (CPR). Use an automatic external defibrillator if one is available.

**For additional information the following websites are helpful:**

<https://www.canada.ca/en/environment-climate-change/services/lightning/safety/overview.html>  
[www.weatheroffice.gc.ca/lightning](http://www.weatheroffice.gc.ca/lightning)