



Lightning and Thunder Policy

FACTS:

- North Carolina is ranked 3rd in the USA in lightning fatalities (behind Florida and Texas).
- Lightning is the 2nd leading cause of storm-related deaths (flooding is first).
- You can be struck by lightning even when the center of the thunderstorm is 10 miles away.
- The danger from lightning can persist for 20-30 minutes or more after a thunderstorm has passed.

POLICY:

- If any parent, coach or player sees lightning or hears thunder, everyone (all teams at the site) should seek proper shelter immediately.
 - Proper shelter:
 - No place outside is safe during a thunderstorm. Shelters should be large and fully enclosed. If the fields do not have any such structures, then seek shelter in a car. Note, that if tornados are in the area, a car is no longer a safe shelter.
 - If no shelter available:
 - Find a low-lying area, crouch down on balls of your feet, with your head tucked into your chest and your hands over your ears.
 - Avoid higher elevations, wide open areas, tall isolated objects (such as trees and poles), all things metal (bleachers and fences).
- Players and coaches may return to the field 30 minutes after the last lightning strike was seen and the last thunder was heard.
- If someone is struck by lightning:
 - Call 9-1-1
 - Give first aid. Try to find someone with a medical background to treat the victim. If the victim has stopped breathing, begin rescue breathing. If the heart has stopped beating, begin CPR. If the person has a pulse and is breathing, address any other injuries. The victim has received an electric shock and may be burned. Being struck by lightning can also cause nervous system damage, broken bones, and loss of hearing or eyesight. People struck by lightning carry no electrical charge and can not shock other people. You can examine them without risk.