



LIGHTNING SAFETY REPORT

In Virginia, most thunderstorms occur in the *afternoon to early evening*, which coincides with the highest reported lightning casualty times of the day.

KEYS TO LIGHTNING SAFETY

- CHECK A WEATHER REPORT EACH DAY BEFORE A PRACTICE OR EVENT.
 - A “watch” means conditions are favorable for severe weather to develop in an area.
 - A “warning” means the NWS has reported severe weather in an area, and for everyone in that area to take the necessary precautions.
- KNOW WHERE THE CLOSEST SAFE SHELTER IS TO THE FIELD OR PLAYING AREA, AND TO KNOW HOW LONG IT TAKES TO GET TO THAT SAFE SHELTER.
 - Safe shelter is defined as:
 - Any sturdy building normally occupied or frequently used by people. In other words, a building with metal plumbing and/or wiring that acts to electrically ground the structure. **A shack or metal shed is not considered a safe shelter.**
 - In the absence of a sturdy, frequently inhabited building, any vehicle (bus) with a hard metal roof (not a convertible), with the windows rolled up can provide a measure of safety.
- BE AWARE OF HOW CLOSE LIGHTNING IS OCCURRING.
- DEVELOP CRITERIA FOR SUSPENSION AND RESUMPTION OF PLAY:
 - When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter **immediately**.
 - **Thirty-minute rule.** Once play has been suspended, wait **at least** 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.
- AVOID USING THE LOCKER ROOM SHOWER FACILITIES FOR SAFE SHELTER, AND **DO NOT** USE THE SHOWER OR PLUMBING FACILITIES.
- STAY AWAY FROM THE TALLEST TREES OR LONE OBJECTS (SUCH AS LIGHT POLES OR FLAGPOLES), METAL OBJECTS (SUCH AS METAL FENCES OR METAL BLEACHERS), INDIVIDUAL TREES, STANDING POOLS OF WATER, AND OPEN FIELDS.
- AVOID BEING THE HIGHEST OBJECT IN A FIELD, AND **DO NOT** TAKE SHELTER UNDER A SINGLE, TALL TREE.
- IF A PERSON FEELS HIS OR HER HAIR STAND ON END, OR THEIR SKIN TINGLE, IMMEDIATELY CROUCH.
- DO NOT USE THE TELEPHONE, EXCEPT IN EMERGENCY SITUATIONS.
- LIGHTNING STRIKE VICTIMS **DO NOT** CARRY AN ELECTRICAL CHARGE. THEREFORE, CARDIOPULMONARY RESUSCITATION (CPR) IS SAFE FOR THE RESPONDER.