

LIGHTNING SAFETY TIPS

- The safety of the players and spectators is always more important than the game! Communication between game management, officials & coaches is essential for the safety of everyone.
- Lightning only takes an instant to strike! You are in danger from lightning if you can hear thunder.
- All thunderstorms produce lightning and are dangerous. Lightning often strikes as far as 10 miles away from rainfall. Don't wait until the last minute to seek shelter!
- Use the flash-to-bang method to keep people safe from lightning. When the time interval between seeing lightning and hearing thunder reaches 30 seconds, lightning is 6 miles away. By this time everyone should be directed to shelter.
- Have a lightning safety plan in place! Know where teams and spectators will go for safety and know how much time it will take them to get to safety. A "safe structure" is one that is normally occupied or frequently used by people. The building should have plumbing and electrical wiring to help ground it from lightning.
- When a game is suspended due to lightning, it should not be resumed for approximately 30 minutes after the storm has passed.
- Lightning detectors are a great tool to draw one's attention to the fact that lightning is in the vicinity. Even with lightning detectors, those in charge should monitor the weather closely.



Lightning Kills: Play it Safe!

You may be in danger from lightning if you can hear thunder. For information on lightning safety visit the following websites:

www.lightningsafety.noaa.gov & www.iahsaa.org

This message is brought to you by the Iowa High School Athletic Association and the National Weather Service office in Johnston, IA.