



Jefferson County Youth Soccer League Lightning Policy

One of the biggest threats to any outdoor recreational activity is weather. The risk of bad weather is something that coaches should take very seriously. Lightning is one of the most dangerous weather-related emergencies. According to the NATA, lightning kills approximately 100 people in the U.S. each year, and injures many more. Not only can lightning injure athletes, it puts spectators at risk also. There are a few precautions that can be taken in order to help keep athletes and spectators safe during a lightening emergency:

- Designate a safe place big enough for athletes and spectators.
- Designate a weather watcher to keep an eye on impending bad weather and is responsible for making the call to remove players from the field.
- Know and use the flash to bang count.
- Know the lightening safe position: crouched on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered.
- DO NOT lie flat on the ground.

-- *From the National Center for Sports Safety*

NOTE: AYSO policy states that if you hear thunder or see lightning, you must leave the fields immediately and remain off the field in a safe spot. You can resume practice/play 30 minutes after the last thunder/lightning strike.