



## **Lightning Safety Guidelines**

Lightning strikes is probably one of the most dangerous things that could injure a lot of players at one time. It is imperative that everyone at the fields during a game be aware of and looking out for lightning strikes. There may be a desire to just get in one last inning or to finish a game, but if a lightning strike is witnessed it is important that the umpire be notified immediately.

### **Who should monitor the weather and who is responsible for making the decision to stop activities?**

Coaches, players, umpires and parents should all be looking for lightning strikes.

Umpires have the responsibility of stopping play, but anyone that sees lightning should inform them of the lightning strike. If there is a lightning strike the umpire should immediately stop play and direct the teams to go to a safe place.

### **When should activities be resumed?**

Because electrical charges can linger in the clouds after a thunderstorm has passed, experts agree that people should wait at least 30-minutes after a lightning strike before resuming activities.

### **Who should monitor the weather and who is responsible for making the decision to stop activities?**

Most lightning strike victims can survive a lightning strike; however, medical attention may be needed immediately – have someone call for medical help. Victims do not carry an electrical charge and should be attended to at once. In many cases, the victim's heart and/or breathing may have stopped and CPR may be needed to revive them. The victim should continue to be monitored until medical help arrives; heart and/or respiratory problems could persist, or the victim could go into shock. If possible, move the victim to a safer place away from the threat of another lightning strike.