

Nor-Gwyn Baseball & Softball Thunder & Lightning Policy

It is the policy of the Nor-Gwyn Baseball & Softball that the following requirements and procedures be followed with regard to ensuring the safety of everyone attending or participating in a Nor-Gwyn Baseball & Softball game in the event of lightning:

1. Each league official (e.g., Board members), manager, coach, and umpire should read & become familiar with the Lightning Safety Tips on page 2 of this policy. This will help everyone understand the background information on this entire topic, including recent research and findings on lightning
2. **PLAY WILL BE HALTED IMMEDIATELY BY THE UMPIRES IF:**
 - Lightning is observed anywhere on the skyline
 - Thunder is heard
 - The sky above or in the immediate proximity to the playing field looks threatening
3. Once play is halted, all players, managers, coaches, umpires, and spectators will move to a place of safety. The Snack Stand will be immediately closed as well. **THE DUGOUTS ARE NOT A PLACE OF SAFETY AT THE NOR-GWYN FACILITY. ONLY PERMANENT BUILDINGS (SUCH AS THE HOSTELLEY FIELDHOUSE) ARE ADEQUATE SHELTERS FROM THE DANGERS OF LIGHTNING.** Therefore, the safest available place is inside a motor vehicle.
4. All adults and umpires in attendance will proactively ensure that children and others in their care will remain in their vehicles until the umpires say that it is safe to resume playing.
5. The game will not be resumed until 30 minutes have passed from the last time lightning was observed or thunder heard. At the 25 minute mark with no lightning observed or thunder heard, the umpires will allow the teams to leave their vehicles and return to the dugouts to make preparations to resume the game.
6. **NO CONSIDERATION WILL BE GIVEN TO COMPLETING THE GAME** when making decisions regarding halting or resuming the game. The only factor that will be considered is the presence/absence of lightning/thunder/threatening skies.
7. Upon resumption of game activities, each team, when they take the field defensively, will be allowed a small amount of extra time to warm up

Flash-to-Bang:

If thunderstorms develop, count the seconds between the flash of lightning and the bang of the thunder to estimate the distance between you and the lightning strike. Because sound travels at approximately 1 mile in 5 seconds, you can determine how far away the lightning is by using this "flash-to-bang" method. It is recommended that you seek shelter if the time between the lightning flash and the rumble of thunder is 30 seconds or less (6 miles). Once inside shelter, you should not resume activities until 30 minutes after the last audible thunder. This is known as the 30/30 Lightning Rule.

Lightning Safety Tips:

- Check the forecast and watch the sky. Darkening skies, flashes of lightning, or increasing wind may indicate an approaching storm.
- Use the 30/30 Lightning Rule (see above).
- Count seconds between 'flash' and 'bang' and seek shelter when the time is less than 30 seconds.
- Find safe shelter. Sturdy buildings are the safest place to be during lightning storms. Avoid sheds, picnic shelters, baseball dugouts, and bleachers. Staying in a car with windows closed also offers some protection.
- Avoid isolated trees or other tall objects. It's better to seek shelter under a thick growth of relatively small trees.
- Don't wait for rain to seek shelter.
- Get out of the water. Water is a great conductor of electricity.
- Avoid any metal objects such as bicycles and golf clubs, fishing rods, tennis rackets or tools.
- Spread out and do not stay in a group.
- Never lie flat on the ground during a lightning storm.
- If on a bicycle and lightning is within 5 miles, STOP riding, get off of your bicycle, find a ditch or other low spot and sit down.
- As a last resort, assume the lightningsafe position. If you are caught in a lightning storm and if you feel your hair stand on end, your skin tingle, or you hear crackling noises, crouch on the ground with your weight on the balls of the feet, your feet together, your head lowered and ears covered.

Some experts recommend placing your hands on your forehead and your elbows on your knees to create a path for lightning to travel to the ground through your extremities rather than through your core (heart).