



LIGHTNING POLICY

- In Australia, lightning accounts for 5 to 10 deaths and well over 100 injuries annually.
- Statistics show that approximately 25% of people killed by lightning are playing sport.
- Coaches must not let the desire to start or complete a match or a coaching session hinder their judgment when the safety of players, coaches or spectators may be in jeopardy.
- Should thunderstorms be prevalent on match day, the **'30-30' Rule** is to be used in order to determine whether a game/training should be suspended

The 30-30 Rule

- When lightning is sighted, count the time until thunder is heard.
- If that time is **30 seconds or less**, the thunderstorm is within 10km and is **DANGEROUS**.
- As most experts believe that the 'safe' distance is no less than 10km, all people at risk should be seeking, or already inside safe shelters. This is the time at which matches/training should be suspended.
- The threat of lightning continues for a much longer period than most people realise. It is imperative to point out that sunshine or blue sky should not fool anybody into thinking that it is safe, and you should remain alert to the possible return of the storm.
- Once play/training is suspended **a period of 30 minutes should be allowed before reassessing**.
- Using the '30-30' rule, the distance of the storm should be estimated before allowing activity to continue.
- Where practicable, people should be moved to a safe structure as soon as possible
- The best option is a large building with electric and telephone wiring and plumbing to provide a safe pathway for the current to the ground.
- Once inside, stay away from corded telephones, electrical appliances, lighting fixtures, radios or microphones and electric sockets and plumbing. Mobile or cordless telephones are a safe option if the person and antenna are located within a safe structure.
- Do not watch lightning from open windows or doorways. Inner rooms are preferable.
- **Activity can resume when the '30-30' rule has been satisfied.**

Lightning Strike

- Should a person be struck by lightning, ensure that immediate action is taken.
- If a person is struck by lightning, there are key first aid guidelines to follow.
- Medical care may be needed immediately to save a person's life. If at all possible, **call '000'** at once.
- As all deaths from lightning arise from cardiac arrest and/or stopping of breathing, it is imperative that treatment is commenced as soon as possible. **CPR or mouth-to-mouth resuscitation is the respective recommended first aid.**

DON'T RISK IT... if at ANY TIME you are concerned regarding approaching weather, please leave the field and take cover immediately!