



LIGHTNING POLICY

For the safety of the players, coaches, officials and spectators – a football game or practice shall be suspended and all individuals shall go inside a building when there is 30 seconds or less between the lightning and the thunder.

- If the lightning/thunder are present during a practice, the club/team representative shall direct players, coaches and spectators to leave the football field immediately and seek shelter inside a building.
- If the lightning/thunder are present during a game, the Head Official shall direct players, coaches, officials and spectators to leave the football field immediately and seek shelter inside a building.

All individuals shall remain in the building until at least 30 minutes have passed after the last thunder.

Play will be suspended for 30 minutes. If there is no improvement in the weather after the initial 30 minutes then the game will be called to stop. The outcome of any game stopped because of lightning is left up to the league to decide.

From Environment Canada (www.GetPrepared.ca)

To judge how close lightning is, count the seconds between the flash and the thunder clap. Each second represents about 300 metres. If you can count less than 30 seconds between the lightning strike and the thunder clap this means that the storm is 10 kilometers (or less) away and there is an 80% chance the next strike will happen within that 10 kilometre zone.

Note: Lightning may strike several kilometres away from the parent cloud and precautions should be taken even if the thunderstorm is not directly overhead.

Use the 30-30 rule

- Take appropriate shelter when you can count 30 seconds or less between lightning and thunder.
- Remain sheltered for 30 minutes after the last thunder.