

## HYF&C Lightning Guidelines

Hampshire Youth Football & Cheerleading has implemented the following guidelines to deal with lightning at all youth football games and practices. It is designed to provide participants with a standard for safe play in situations of dangerous weather.

In case of lightning, the field supervisors and game officials should monitor the skies for lightning strikes and the following practices and guidelines should be followed.

1. Use Lightning Detector for range of 8-20 miles, if not available use the flash/bang method. This means count seconds between the lightning flash and the thunder bang and divide by (5). This will give you the distance of the lightning from your location.
2. If the sensor is red at the 8-20 or lower, or if the count is (30) seconds or less, take shelter immediately.
3. As we have very limited space to safely shelter people, parents during questionable weather please be available to shelter your child.
4. Wait for all clear on lightning detector or wait (30) minutes after the last lightning flash before resuming activity.
5. If you should feel a tingling or static electricity sensation, leave the area immediately by crouching or getting as low as possible on the balls of your feet.
6. If someone is struck by lightning, observe the following procedures:
  - 1) Survey the scene for safety
  - 2) Call 911
  - 3) Lightning victims are safe to touch. They do not carry a charge.
  - 4) If necessary, move victim carefully to a safer location
  - 5) Evaluate airway, breathing and circulation. Begin CPR if necessary.
  - 6) Evaluate and treat for hypothermia, shock, fractures, and/or burns.

### Danger Areas

Water Access	Goalposts Talking on Phones
	Touching Metal Objects
Bleachers	Fencing

Lightning can be a significant threat to the safety of participants in outdoor athletic events like Ultimate. The odds of being struck by lightning are significantly reduced when proper safety precautions are taken. The following preventative steps should be taken by UPA event coordinators in an effort to maintain the safety of participants and spectators.

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- 2) Call 911
- 3) Lightning victims are safe to touch. They do not carry a charge.
- 4) If necessary, move victim carefully to a safer location
- 5) Evaluate airway, breathing and circulation. Begin CPR if necessary.
- 6) Evaluate and treat for hypothermia, shock, fractures, and/or burns.