



3133 SANDHILLS ROAD BADEN, ONTARIO, N3A 3B8

Lightning Safety Policy The safety of Members is the number one priority. If you can hear thunder, you can get hit by lightning. As soon as you hear thunder, quickly get to a safe location. Stay inside for 30 minutes after the last rumble of thunder.

Recommendations from Environment Canada:

Plan. If thunderstorms are forecast, identify safe places. A safe location is a fully enclosed building with wiring and plumbing. Sheds, picnic shelters, tents, or covered porches do NOT protect you from lightning. If no sturdy building is close by, get into a metal-roofed vehicle and close all the windows. Watch the skies for developing thunderstorms and listen for thunder. As soon as you hear thunder, quickly get to a safe location. If you can hear thunder, you are in danger of being hit by lightning. If you are outdoors far from shelter, stay away from tall objects. This includes trees, poles, wires, and fences. Take shelter in a low-lying area but be on the alert for possible flooding. Be aware of how close lightning is occurring. Thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment and its distance from the observer. Safe structure or location is defined as:

- Any building normally occupied or frequently used by people, i.e., a building with plumbing and/ or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and do not use the showers or plumbing facilities during a thunderstorm.
- If a proper building is not available, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof which dissipates the lightning strike around the vehicle. Do not touch the sides of any vehicle.
- If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground because lightning current often enters a

victim through the ground rather than by a direct overhead strike. Minimize your body's surface area and the ground, do not lie flat. If unable to reach safe shelter, stay away from the tallest trees or objects such as light poles or flag poles), metal objects (such as fences or bleachers), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

- Avoid using the telephone, except in emergency situations. People have been struck by lightning while using a land-line telephone. A cellular phone or a portable remote phone is a safe alternative to land-line phones if the person and the antenna are located within a safe structure or location, and if all other precautions are followed.

- At the field, the Match Official is in charge. When considering resumption of any athletics activity, wait at least thirty (30) minutes after the last flash of lightning or sound of thunder before returning to the field.

- First aid for lightning victims Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes.

- Lightning victims do not carry an electrical charge and can be safely handled.

- Call for help. Victims may be suffering from burns or shock and should receive medical attention immediately. Call 9-1-1 or your local ambulance service.

- Give first aid. If breathing has stopped, administer cardio-pulmonary resuscitation (CPR). Use an automatic external defibrillator if one is available