

Lightning Safety

We will get periodic lightning/thunder storms in Central Oregon in late spring and early summer, and it is important that you as a coach, know how to protect your team when these storms hit. Your kids are running around open fields with sticks in their hands shooting at metal goals. Lightning's behavior is random and unpredictable. Preparedness and quick response are the best defenses towards the lightning hazard.

If there are signs of adverse weather on the day of your practice or game, ask your parents to stay for the entire event. At the first signs of lightning and thunder, leave the field. Go to your vehicle and take shelter there with the windows rolled up.

Avoid rain and sun shelters

Avoid going underneath trees. Trees attract lightning

Avoid metal fences, gates and tall light poles and power poles.

Lightning's distance from you is easy to calculate: if you hear thunder, it and the associated lightning are within auditory range...about 6-8 miles away. The distance from Strike A to Strike B also can be 6-8 miles. A good lightning motto is: "If you can see it (lightning) flee it; if you can hear it (thunder) clear it.

Wait a minimum of 30 minutes from the last observed lightning and thunder before resuming activities.

People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply first aid immediately if you are qualified to do so. Get emergency help promptly.

If you want more information on lightning safety, go to the National Lightning Safety Institute website at www.lightningsafety.com.

