



## Lightning Policy

When LIGHTNING IS SIGHTED, practice will be suspended immediately. Coaches will be responsible to account for all players. All participants including coaches, parents and players should move to safe areas to avoid lightning strikes.

EACH time lightning is sighted, soccer may not resume play until 30 minutes have passed. The 30-minute watch is restarted with every newly occurring lightning strike. Coaches will monitor conditions during this time. NO ONE should take the field until 30 minutes have passed since the last lightning strike that was sighted.

Safe shelter includes:

- Inside a vehicle with the windows closed
- Sturdy buildings

Areas to AVOID include:

- Isolated trees, light poles (including temporary lights) or other tall objects, bodies of water, sheds, fences, bleachers, convertibles, tractors, bikes and motorcycles. Avoid leaning against vehicles.
- Do not stay in a group. Stay several yards away from other people.

**All Cancellation of practice will be left to the discretion of the coach.**