

# Lightning

- **“When thunder roars, go indoors”**
- Identify who is responsible for suspending activity and ways to alert
- Try to cancel or postpone before event begins
- Suspend for 30 min. after the last lightning or thunder strikes and restart clock with each reoccurrence
- **Find safety**
  - Such as building or vehicle
  - Avoid poles, towers, and trees
  - Unsafe spaces-park shelter, tent, dugout, porch, press box
- **In the event of an emergency:**
  - Ensure own safety before assisting others
  - Move injured athlete to safe location, call 911, start EAP, and assess to do CPR/use AED

