



## Lightning Policy

Lightning presents a real risk of death or serious injury to outdoor sports participants.

Staff must not let the desire to start or complete an activity hinder their judgment when their safety and that of students and/or spectators is at risk.

### The 30/30 Lightning Safety Guideline

If thunder happens within 30 seconds of lightning, then the storm is within 10 kilometres of your location. Lightning safety experts consider this the strike danger zone and advise people to follow the 30/30 rule.

The 30/30 Guideline has two parts. The first part deals with when participants should stop outdoor activity and seek protection under an appropriate shelter. The second part deals with when it is safe to return to outdoor activities.

#### Part 1

Stop all outdoor activities immediately and seek appropriate shelter indoors but keeping away from doors, windows, metal fittings and devices connected to electrical supplies. Do not seek shelter under a tree (or group of trees). Seeking shelter in an enclosed metal vehicle such as a car, van or bus would normally be regarded as an appropriate place to seek shelter.

The following should be avoided:

- buildings with exposed openings
- small structures or sheds. Fabric shelters and tents offer no protection
- open fields
- close proximity to any metallic structures, including wire fences, light towers or goalposts
- standing on or under bridges or other elevated structures
- carrying metallic objects such as umbrellas
- swimming pools or water generally. If undertaking water activities, exit the water immediately and move to a safe place.

If driving staff are advised to slow down or park away from trees, power lines or other objects that may be damaged by storm activity. Windows should be closed and contact with metallic parts should be avoided. Hands-free mobile telephone attachments should also be removed from the body.

If on an open field away from any shelters, staff and students are advised to keep as low and as small as possible, i.e. crouch keeping the feet together and do not touch any objects or people near you. A dry ditch any depression in the ground is safer than an elevated or flat terrain. Do not lie on the ground as dangerous voltage could develop across the body by earth currents generated by a nearby strike.

Staff, students and caregivers should also refrain from contacting metal objects or using the telephone, computers or any other devices connected to electrical phone lines.

#### Part 2

Staff are advised to wait a minimum of 30 minutes after the last sound of thunder is heard before resuming outdoor activities.

#### First Aid

Apply immediate CPR to lightning victims until medical help arrives. You will not sustain a shock from the victim.

### 30/30 LIGHTNING SAFETY GUIDELINE

1. Stop play if the time between seeing a lightning flash and hearing thunder is less than 30 seconds. Immediately seek safety under appropriate shelter.
2. Do not resume play until at least 30 minutes has passed since the last thunder was heard