

## RRSA PROCEDURES FOR INCLEMENT WEATHER

**During practice, you as the coach/asst coach/team manager should be aware of the weather and make the call if you see lightning**

***RRSA Officials will make the calls on game days***

- If you can see lightning then you should leave the field, and any open space including the parking lot and take cover inside a vehicle or building
- A good safety motto is: if you can see it (lightning) flee it, if you can hear it (thunder) then clear it
- UNSAFE lightning shelter areas are:
  - All outdoor metal objects like fences and gates, light poles, metal bleachers, golf carts etc
  - AVOID trees, water, open fields and high ground
- Know the Flash to Bang Method:

When you see lightning, count the seconds that pass until you hear the bang of thunder. Divide the number of seconds by five for the distance in miles between you and the lightning. For example, see the flash, count 20 seconds until the bang, divide by five, and you know that the lightning is four miles away and you are in the danger zone.

RRSA will clear the fields if lightning is within 10-12 miles of the fields

- 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 and call 9-1-1
- A coach should NEVER ask players to pick up equipment or move goals before evacuating the fields due to lightning

- Some good and easy apps for your smart phones to help with determining how close lightning is are:

Spark Lightning Alert (free for all smart phones)

Lightning Cast (for iPhones \$3.99)