

U.S. Youth Soccer's lightning guidelines recommend immediate suspension of all outdoor activities if lightning is seen or thunder is heard, and for at least 30 minutes after the last lightning flash or thunder. They also advise seeking safe shelter and emphasize the responsibility of onsite program directors or committee chairs to assess the situation and determine if it's safe to resume play.

Here's a more detailed breakdown:

1. Suspension of Activities:

- **Immediate Suspension:**
- All outdoor activities, including practices, games, and other events, must be suspended immediately if lightning is seen or thunder is heard.
- **30-Minute Rule:**
- Activities should remain suspended for at least 30 minutes after the last lightning flash or thunder.
- **Resetting the Clock:**
- If lightning or thunder are observed during the 30-minute period, the clock resets, and the 30-minute delay starts anew.

2. Seeking Safe Shelter:

- **Indoor Shelter:**
- All participants, including players, coaches, referees, and spectators, should move to a safe indoor location.
- **Avoiding Tall Objects:**
- Tall, isolated objects like trees, poles, and light posts should be avoided.
- **Metal Fences and Bleachers:**
- Metal fences and bleachers can also be dangerous and should be avoided.
- **Crouching:**
- If safe shelter is unavailable, participants should crouch down on the balls of their feet, with their head tucked into their chest and their hands over their ears.

3. Responsibility of Onsite Officials:

- **Program Directors/Committee Chairs:**
- Onsite Program Directors, Committee Chairs, or USYS Representatives are responsible for determining if it's safe to resume activities after a lightning or thunder delay, [according to US Youth Soccer](#).
- **Safety Assessment:**
- They should assess the situation, considering factors like the distance of the storm, the severity of the weather, and any lightning detection devices or mobile phone apps available.

4. Emergency First Aid:

- **No Charge:**
- An individual struck by lightning does not hold a charge and is safe to handle, [according to US Youth Soccer](#).
- **CPR and Mouth-to-Mouth:**
- CPR and mouth-to-mouth resuscitation are the recommended first aid procedures for someone struck by lightning.