



Thunder Soccer Club
www.thundersoccerclub.org

Lightning Safety

Information for All Thunder Coaches, Managers, Parents and Coaches

Lightning Facts:

All thunderstorms produce lightning and are dangerous. Lightning kills more people each year than tornadoes. Lightning often strikes as far as 10 miles away from any rainfall. Many deaths from lightning occur ahead of the storm because people try to wait to the last minute before seeking shelter. You are in danger from lightning if you can hear thunder. If you can hear thunder, lightning, is close enough that it could strike your location at any moment. Lightning injuries can lead to permanent disabilities or death. On average, 20 percent of strike victims die; 70 percent of survivors suffer serious long-term effects. Look for dark cloud bases and increasing wind. Every flash of lightning is dangerous, even the first. Head to safety before that first flash. If you hear thunder, head to safety! Blue Skies and Lightning.

Lightning can travel sideways for up to 10 miles. Even when the sky looks blue and clear, be cautious. If you hear thunder, take cover.

The 30-30 Rule

30 Seconds: Count the seconds between seeing the lightning and hearing thunder. IF this time is 30 seconds or less, then the lightning is close enough to be a threat. Seek shelter immediately.

30 Minutes: After seeing the last lightning flash, wait thirty minutes before leaving shelter. More than half of lightning deaths occur after the thunderstorm has passed. Stay in a safe area until you are sure the threat has completely passed.

How to Play it Safe

Go inside a building or all-metal vehicle. Do not lean against the vehicle, instead sit safely inside.

Avoid open high ground and isolated trees.

Use the 30-30 rule when participating in outdoor activities.

Avoid water (swimming pools, lakes and rivers), beaches and boats.

Stay away from doors, windows, metal indoor fixtures and electrical devices.

Listen to weather radio to learn if a thunderstorm is approaching.

Don't let desire to complete your practice or a game hinder your judgment when it comes to safety.

Remember that no place outside is safe near a thunderstorm.

Remember that open fields and elevated places are the most dangerous when it comes to lightning.

Remember that the activity with the fastest rising casualty rate is outdoor sports and recreation.

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