



EASTSIDE FC



"Building Champions in Life"

Effective April 1, 2020

Eastside FC Lightning Policy

POLICY STATEMENT

Lightning is a dangerous phenomenon associated with thunderstorms. Teams that practice and compete outdoors are at risk during this weather phenomenon. Eastside FC's coaching staff will adhere to the club's lightning policy which is adapted from the *2000 National Athletic Trainer's Association Position Statement* regarding lightning safety for athletics and recreation.

PURPOSE

Eastside FC has developed a lightning safety policy to minimize the risk of injury from a lightning strike to our athletes, parents, coaches, support staff and fans.

ENTITIES TO WHOM THIS POLICY APPLIES

All events/practices/games conducted by Eastside FC.

PROCEDURE

All EFC coaches will monitor the weather and are authorized to make the decision to suspend activity in the event of lightning. Coaching staff should take their athletes off the field any time they believe dangerous weather conditions may develop. All activities will be suspended if lightning is detected within 10 miles using the Flash-To-Bang method.

Once it is determined that there is danger of a lightning strike, the coach will notify any game official if applicable, and immediately remove all athletes, coaches, spectators, and support staff from the playing field or practice area/facility. All suspended activities must wait at least 30 minutes subsequent to the last thunder or lightning flash.

All individuals have the right to leave an athletic site, without repercussion or penalty, in order to seek a safe structure or location if they feel they are in danger from impending lightning activity.



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FLASH-TO-BANG METHOD

Count the seconds from the time the lightning is seen to when the clap of thunder is heard.

Divide this number by five to obtain how far away, in miles, the lightning is occurring.

Example 1 : You count 40 seconds from the time you see the flash to hearing the thunder.
 $40 / 5 = 8$ miles away. Suspend activities.

Example 2 : You count 60 seconds from the time you see the flash to hearing the thunder.
 $60 / 5 = 12$ miles away. Keep playing, but keep an eye on it.

If you count 50 seconds or less between the "flash" and the "bang", then the lightning is closer than 10 miles and you should suspend activity and seek shelter.

SAFETY GUIDELINES

Use of cellular phones to contact parents for transportation is permitted.

An announcement should be made to all persons present to seek safe shelter. Announce safe shelter for that venue and offer the following safety guidelines:

- At Preston Park, the only building refuge is the restrooms, or the picnic shelter.
- Avoid using restroom sinks and toilets during thunderstorm activity.
- Alternatively, you may seek refuge in any hard-topped (metal roofed) vehicle with the windows closed.
- While in the building or the vehicle, avoid contact with metal fittings.

Avoid single or tall trees, tall objects and standing in a group.

Avoid being in contact with, or in proximity to, the highest point of an open field. i.e. Goalposts, fence posts, net poles, flag poles and light poles.