

Attleboro White Hawks Lightning Safety Policy

Purpose: To ensure the safety of all Attleboro White Hawks athletes, coaches, and spectators during adverse weather conditions.

All practices and games will strictly adhere to the standard "30/30 Rule" for lightning safety.

1. Suspension of Play (The First "30")

When lightning is sighted, begin counting the seconds until you hear thunder.

- **Trigger:** If the time between the lightning flash and the thunder clap is **30 seconds or less**, the storm is within 6 miles and poses an immediate threat.
- **Action:** All activities on the field must be suspended immediately. All players, coaches, and spectators must evacuate to a safe shelter.

2. Safe Shelter

- **Approved:** Fully enclosed, substantial buildings with plumbing and wiring, or fully enclosed hard-topped vehicles with the windows rolled up.
- **Prohibited:** Dugouts, pavilions, tents, under trees, and open fields. Keep away from metal fences, bleachers, and light poles.

3. Resumption of Play (The Second "30")

- **The Rule:** Play may not resume until a minimum of **30 minutes** has passed since the last sound of thunder or flash of lightning.
- **Clock Reset:** Any subsequent lightning or thunder during the 30-minute waiting period immediately resets the clock back to zero.

(Note: "When thunder roars, go indoors." If you can hear thunder, you are close enough to be struck by lightning, even if you cannot see the flash.)