GREATER MONCTON

GMFA

FOOTBALL ASSOCIATION

Safety-Leadership-Teamwork

LIGHTNING SAFETY PROTOCOL

Lightning Safety Protocol

What you need to know
All thunderstorms produce lightning. If you can hear thunder, lightning is close enough to strike you. Even with blue skies above, lightning can strike from up to 10 miles (16 kms) away.

Determine Lightning Threat level
In the event of severe weather, when threatening lightning conditions are probable, at least one of the following three indicators of lightning location will be used as the recognized method of determining dangerous lightning situations:

1. Weather.gc.ca/lightning
2. WeatherBug App
3. Flash to Bang counting method:
    a. Begin counting when lightning is observed (one-one thousand; two-one thousand)
    b. Stop counting as soon as thunder is heard following the lightning strike
    c. Divide this count by 5 to determine the distance to the lighting flash (in miles). Every 5 seconds = 1 mile (1.6 km).

Using one or more of these methods, once lightning conditions are detected within 6-8 miles (9.65-12.87 km) of the practice or event site, activity will be suspended, and all individuals will be moved to a safe shelter. Return to the activity site will not resume until 30 minutes following the last indication of lightning conditions within the 6-8 mile range.

Activating Lightning Safety Protocols
During practice, the person designated to track a pending storm, will inform the head coach of threatening lightning conditions and recommend implementation of the Lightning Safety Protocol. The head coach will immediately instruct the athletes to proceed to the closest, safe, shelter.

During home events the person designated to track a pending storm will inform the officials and coaches of threatening lightning conditions and that the Lightning Safety Protocol is activated, and play is to be suspended. At the start of every athletic competition, the GMFA will make coaches and game officials aware of the Lightning Safety Protocol.

Quick Tips to Stay Safe
- Immediately get out and away from any source of water
- Immediately get off elevated areas and move to the lowest elevation possible
- Stay away from isolated tall trees, tower or utility poles
- Stay away from metal and objects that conduct electricity
- Avoid open areas. Don't be the tallest object in the area
- Do not seek shelter under a unprotected structure, a cliff or rocky overhang
- Crouch down with your head low and your ears covered. Never lie flat on the ground
- If you are with a group of people, spread out to prevent multiple possible casualties

****IF SOMEONE GETS STRUCK BY LIGHTING THE EMERGENCY ACTION PLAN WILL BE ACTIVATED****
Open shelters, dugouts, golf carts, etc. are NOT safe locations from lightning hazards.
In any structure during a lightning storm, all electrical conducting materials that are exposed to lightning are potentially unsafe and should be avoided: i.e. plumbing fixtures and pipelines, land line telephones, and electrical appliances.