

Play It Safe!



Monitor threatening weather.

Be aware of thunderstorm “watches” and “warnings” and look for darkening skies, flashes of lightning or increasing wind, which may be signs of a developing or approaching thunderstorm.

Use the 30/30 Rule.

If you see lightning, count how many seconds before you hear the thunder. If it's less than 30 seconds, take cover. Wait 30 minutes after the last flash of lightning or sound of thunder before resuming any outdoor activity.

Get to a safer structure.

If you hear thunder, suspend your activity immediately and instruct everyone to get to a safe structure. Substantial buildings provide the best protection. Once inside, stay off corded phones and away from any wiring or plumbing. Avoid sheds, small or open shelters, dugouts, bleachers, or grandstands. If a sturdy building is not nearby, a hard-topped metal vehicle with the windows closed will offer good protection. Lightning has struck people while they have been boating, standing under a tree, swimming, riding a lawn mower, playing soccer, golfing, fishing, bike riding and more.

Postpone activities.

Check the latest forecast prior to a practice or event. If thunderstorms are forecasted, consider postponing activities early to avoid being caught in a dangerous situation. Lightning causes fatalities and injuries most often during the summer months, when people are outside.



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