

# Thunder & Lightning Policy



- **\*Before you go to practice\***
  - Check the weather forecast
    - If there is a risk, either don't go, or have a plan for shelter
- **When do you pause or delay training?**
  - As soon as you hear thunder you must stop playing and seek shelter to eliminate the risk of lightning strikes.
- **Where to go during a storm?**
  - If a fully secured building is available, this should be a first choice. If you don't have access to a school, a vehicle is a safe second option. If caught outdoors take shelter in a low lying area, and avoid trees or tall objects.
- **When can you return to play?**
  - 30 minutes after the last sound of thunder
- **Coaches have final say on delaying or cancelling training due to bad weather.**