

Lightning

Issued: 15/04/2011
Created: 12/04/2011
Approved: 14/04/2011
Next Review: 12/04/2012
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This policy is in place to ensure that Springwood United Football Club (SUFC) is compliant with the Lightning Safety Policy distributed by Soccer NSW on the 15th of March 2004.

It is the policy of SUFC that any activities at any venue are Suspended, Postponed or Cancelled where lightning activity is within 10km of the venue. Activities covered by this policy whether structured or casual include any outdoor - grading procedures, competition games, trialing, trial games and any physical training or practice activities.

Should lightning activity be present, the '30-30' rule is to be used in order to determine whether a game should be suspended, postponed or cancelled.

The '30-30' rule

When lightning is sighted, count the time until thunder is heard. If the time is 30 seconds or less, the thunderstorm is within 10km and is considered dangerous. This is the time at which activity should be suspended, postponed or cancelled. The '30-30' rule should also be used to determine when it is safe to commence or resume the activity

An average lightning bolt carries 10,000 to 30,000 amps and although many victims are directly struck by the main lightning stroke, many victims are hit as the current moves in and along the ground.

There is no absolutely safe place from a lightning threat; however people should be moved to a safe structure as soon as possible. The best option is a large building with electric and telephone wiring and plumbing to provide a safe pathway for the current to the ground. Shelter should never be sought under a single tree, a small group of trees or small open structures such as picnic shelters.

If located at a ground far removed from a safe shelter and lightning is about to strike, it may provide a very few seconds warning. If hair stands on end and the skin tingles, lightning may be about to strike. A crouching position should be assumed (alone, feet together, squat down with head tucked and ears covered). When the immediate threat of lightning has passed, safe shelter should be sought.

No lightning safety plan or policy will provide 100% guaranteed total safety, but every effort can be made to ensure that all preventative steps are taken.

Graeme Ellis
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SUFC